





TABLE OF *contents*

1	Reading and Writing	
3	Special Abilities	
10	Mercy	
18	Humble	
24	Dress the Part	
33	Deeper Identity	
44	The Perfect Woman	66
58	Higher Power	75
		107
		127
		156
		159
		182
		194
210	Flight Exercise	
217	Friends	
246	Enjoy What You Do	
256	Protects Humanity	
262	Works Well Alone	
273	Completes His Mission	
282	Be Your Best	
284	Giving	

READING AND WRITING

Superman is very proficient at reading and writing. He can take a book and read it instantaneously! We've seen this in the superman movies and in the comics. His eyes light up golden and he just reads through the book in a second. Within Milliseconds he can read full encyclopedias, dictionaries and textbooks. Even the thickest book in the world would only take him a matter of seconds to fully read. The other thing about Superman is he's very proficient at writing. Let's think about it, he is with Lois Lane writing and journaling all day. He and his lover are writers. These are two main skills of superman.

As far as what we can do is, in the classroom or at work or even at home we can start being very proficient at reading and writing. Obviously we're not going to be able to read a book in the matter of seconds. Obviously we're not going to be able to write like a journalist who is superman in Clark Kent form. We can ask why superman

loved to write. We can improve our reading and our writing by continuing our education or going to the library or take up classes. These are all things we can do to try to emulate his abilities. Now the question is, why does Superman need to read so fast and why did he choose to be a journalist? Out of all people he chose to be Clark Kent in his planetary disguise. The reason is intelligence. In order for him to be the most intelligent, he would obviously have been able to have to take in our knowledge the quickest way possible. He would have to be able to write with the very best people. Where are the very best writers? Where he works. No one reads anything more in metropolis then the news. Once again we see him functioning at his best. Superman taking on the best alter ego to be in the position. Clark Kent perfectly fit the role of the ultimate superhero of the entire universe Superman. We must pledge allegiance to the Superman within us and write and read only the best material. The role of being the best leader and writer on the planet was an ability for Superman to really balance the level of being human with Clark. He also had the ability of Omni-language, which means that he was able to read and write in any language.

Even Chinese. So this perfectly linked with his humanity. The perfect connection to these intelligences was reading and writing. It was easy for him to not only be the highest of human knowledge as the greatest superhero alive, but to identify the deepest with our species.

Later on in this book, you will read a chapter called intelligence which touches upon this great aspect of how we also can become Superman in our life by reading the very best and writing the very best. The fruit of reading and writing the very best is creating the best in our life. What we read and write is what we speak. We know Superman was reading lots of books on Freedom and Justice. What we speak, is we live. Superman and the Kryptonians knew this and were the most efficient at reading and writing.

SPECIAL ABILITIES

Patently and gently, I share with others the way to scatter the seeds a few at a time, evenly between the rows so that each one will have enough space. I tell them not every seed will make it - but all of them deserve the chance to grow. ~ Superman

Superman is somebody who has a lot of special abilities and it's the main aspect of him being the greatest superhero in the world. His special abilities allow him to be the strongest and the fastest. He uses these abilities as tools while combining them and mastering them for perfect attacks. He combines his Super breath with His heat vision to create whirlwinds and storms. He can combine his invulnerable skin layers with his speed to be a human sized bullet. He can combine his Super Intelligence with his Omni language to be the greatest leader in the world ext. These abilities allow him to be the smartest and the most courageous. We too can with our special abilities become the strongest and fastest. The smartest and most courageous in our field. We can become a Superman or a superhuman in a particular avenue of our life when we discover this. Superman's abilities allowed him to be the best at bringing justice to all of humanity. Bringing safety and protection to the world. We too should find an area where we can bring justice, safety and protection. We can follow the guidelines of what Superman was working for and bring it to the area

that we wish to improve. This can be work, School or our life purpose. We will automatically be the best in that endeavor. A person using their talent in a particular field of interest to consciously increase the safety for all is God Like. People acting for the protection for all is far and few in between. The rarity of finding this type of person is like finding a precious pearl in a oyster. You can become the superman in your life by making the decision to use your special abilities to help people who Need strength. This can be in Your work, study, community, family or if you're an athlete to your team. This Decision is most important at home. You will automatically become Superman at your job or your school or whatever you're doing or in your family. That energy of the superhero will be available to you and the people at these places might not say it but they'll know that you're Superman.

When Superman came to the planet, he was just an infant. He didn't have his parents to teach him about his special abilities. He grew up with human parents and worked on a farm. This was the complete opposite of anything he was going to do when He grew up. It took a lot of concentration and focus for him to be able to find

these special abilities and to make them the best they can be. This is how he fulfilled His purpose. We too should take work to find our special abilities in this world that may take us in opposite direction. When we find these special abilities, we increase them and make them stronger and utilize them to fulfill our purpose. When we do this then we automatically are being Superman of this world. Everybody in this world has special abilities because everyone in this world is Superman In his own life. There's no one greater. Other than our universal Creator.

We have plenty of special abilities and talents given to us to guide us and lead us in our life so that we can fulfill our purpose. We also have them to help others. A person who has found their special abilities and talents and practices them constantly to optimize these skills can easily be classified as superhuman. They are not going to be able to push the moon back into orbit or deflect asteroids with their mass and strength but they can change the world.

These are the people of our world that change it. The Bruce Lee's, Michael Jordan's. The Michael Phelps's, Albert Einstein's and Thomas Edison's of our day. Artists like Michelangelo and Leonardo da Vinci can be defined as

superhuman. Also Leaders like Martin Luther King and JF Kennedy. The list goes on and on. These people in their own field have become Superman. Even Superman himself would not be able to paint like Leonardo da Vinci. They might be able to work together and make a beautiful piece of art. Superman could use his laser vision to help sculpt with Michelangelo. He could help JFK with superfast reading abilities to create new laws but he's not anywhere near as powerful as these legends in their purposes. They are the Superman of their purpose with even more concentrated strength. Even though superman can lift the book of infinity (A universal book with a infinite number of pages) and we can only lift a couple of text books at most, our purpose lifts us to superman potential.

Our special abilities are going to help us and the superheroes in our life. If Superman had my special abilities, He would be writing books about him and all his superheroes. He would probably be getting other superheroes to be writing books and teaching them how to write the best. You would have all these superheroes writing books and teaching the world how to use their special abilities. The most amazing aspect of superman is

that we don't really know what's Superman's very best ability is because he is in a constant process of becoming better. He is constantly evolving.

What would it be if Superman's best ability was your best ability at its highest potential? What would he be doing? It is true for every individual that he would still be one of the greatest superheroes.

Its superman's gifts that really set him apart from the rest. Jesus said it best. You can't hide a candle under a bed. The gifts that we have on this world are light. You can't really hide it. The only thing that you can do is use it for yourself or others. What leaders do is they use it for others. The gifts that people have are universal and glorious emanations of light filled with enormous energy. When we see people who have mastered their talents they are really shining on the highest level possible in this life. They have become light itself. When we watch a prodigy and listen to him on the piano we can sometimes feel his light. This is a gift given to him. Superman was a person who discovered himself and took his talents to a whole new level. I know that the gift of Jesus was his gift to resurrect people. He can lay his hands on people, and they

could be fully healed. Gandhi's gift was he was able to reach everybody in his country; he was able to reach them all in their heart. This is why everyone loved Gandhi. The gift of MLK was his dream and his vision. His vision that he had in his mind liberated All Blacks in America, until eventually we had Obama who was a president. This vision was superhuman and very close to superman intensity. These gifts are so super powerful that you can even say that these people are superheroes. They're more than superheroes. Superman cannot liberate a country. Superman cannot liberate our people and free everyone's people.

Superman cannot resurrect people from the dead. People build religions around people who become the light. This is how you become the light. We can learn this from superman's growth. Special abilities take time. When we discover a special ability, we must nurture it and build upon it, day after day. One of the greatest things to do is to envision yourself being the best with that special ability. For example, what's the highest possible thought that your mind can produce with that special ability. And that's a great way to start building here. You'll start following suit.

Another good way to build on your talents and gifts is to mentally affirm all of the times that you've used the ability. Now in the present moment while acting with the ability affirm that you are once again getting stronger in the ability. Every time you exercise your ability you affirm your just improved the ability. For example, if I am meditating, I can affirm that I am improving this ability opposed to just meditating. "I am meditating and all of the meditation I ever practiced is now improving with this meditation." Keep doing that over and over. The more that you do it the more your mind will perfect your talent.

MERCY

One of the greatest superpowers that Superman is His mercy. Superman has Never killed another man.

Throughout the all the depictions of superman he has maintained his mercy. He has destroyed super arch villains but there was never a mortal human being that he destroyed. This was mercy because with all that power he could have very well been authoritarian centered. He could have gone the route of Lex Luther who is a kryptonian used his powers to take over the world. This enormous amount of mercy that superman possessed didn't allow him to use it for domination. Mercy was superman's greatest superpower in my eyes. we need to apply mercy to other people if we are to apply this book. Without mastering mercy, We're actually going the opposite direction. Superman has fought the most vicious humans but he usually just binds them up and lets the other humans deal with how they will punish them. He makes sure that they stop doing anything that would harm others. We don't want to harm other human because that is in the realm of being a villain. Humans are extremely delicate creatures that do not know how to take care of themselves or their planet. We are to apply mercy and help human. If we are in a fight we are to do as least amount of damage that we can. Those who harm other humans are the

enemies of Superman. We have to ask ourselves a important question. Who is the person that we are becoming?

This is why even though a lot of superheroes have a lot more powers than Superman, like Dr. Manhattan they were never as strong as him. To be the legend that is as strong as superman we need to master mercy. Eventually all of these villains got destroyed but Superman lives on. The mercy that Superman has allows him to be trusted by all men. These acts that come from mercy are not just heroic they are super heroic. Superman was a person that loved to give mercy, especially to humanity. If we look at all his comics he has beaten everyone. Thousands of superhuman villains. These arch villains mastered super diabolical powers. The truth that is not so much talked about is that he only destroyed 15 of the thousands and thousands of arch villains. This is the symbol is mercy. I believe that it's because of this that he has become the most popular superhero in the world.

Everyone in the world knows who Superman is. But if you take a look at ourselves, I think it's the same. People with the most mercy are the ones that are the most

known and respected. It's a truth and It's not something most spoken about. This is something you do naturally. It is a gift. A super power you must harness. Those who are reading this book must possess a certain amount of mercy because you have the book. Superman will never say "I am Merciful" But you just know it. And That's why he's Superman, and the rest of the superheroes are well, just the other superheroes. The Mercy is in direct proportion to the fullness of that certain superhero. Likewise The less mercy you have the more of a villain you become. Our villain and nemesis of Superman who is Lex Luther was eventually killed by Superman. Lex Luther had a higher intelligence than superman but no mercy. This ultimately led to his death. Lex Luther was a Kryptonian and a universal genius. He used his powers for evil which ultimately led him to become a sociopath. Lex eventually became the president because he was so smart.

Even though Lex Luther had the whole government and military behind his schemes superman was destined to defeat him. The merciless versus the ones with mercy is a human archetype called superhero vs. villain. The superpowers that they hold are really the

secondary powers compared to these individual superheroes mercy. When we ask who had the most mercy as a superhero, I would undoubtedly say that it would be Superman. So, how do we obtain superhuman Superman mercy?

We practice studding from the greatest People who exercised forgiveness. Leaders like Jesus And MLK and Gandhi these people are a lot of mercy. People like Buddha, Nelson Mandela and the Spiritual Masters. These people superman studied when he was young and mastered there teachings. The real question is answered when you find someone who has defeated his opponent. How does he treat his opponent? This is how you will know His mercy. This is why Mercy is so powerful. In order for it to even be shown then there must be defeated opponent. Everything before and during the fight is on the way towards the ultimate goal which is mercy or non mercy. Simply said, A battle must be fought for Mercy to be witnessed. This is one of the most important chapters in the book because of the energy of mercy. How many fights has Superman had in his life? How many times has he applied mercy? How many fights do we apply mercy in

the outcome? Whether they be small a small argument with our Wife, or a argument with our family member. Maybe you have differences at work with a employee or you are even battling yourself. If we win these arguments or If we overcome our differences due to our abilities then the real test of our Superman is the mercy after the battle has been won.

A lot of people who win fights set up very, very harsh standards for the people that they defeat. Let's remember that Superman could have slayed and destroyed all of the opponent's he defeated But 99.9% of them were spared their life to see another day. I'm not saying you have superman DNA! We are not perfect but we must exercise mercy to wear our cape in our life. This in my personal opinion is the beauty of Superman. It's the red in his cape, the S on his chest and the size of his boots. We might not be able to fill his shoes. But remember when we utilize our unique abilities in the ways shown in this book; Neither can superman fill our Shoes.

What we find out through the coalition of the Justice League is that they have a brotherly pact to do no

harm to humans. No one in the Justice League will ever destroy anyone. They've all made a pact to be merciful to their enemies. They have opened new door to battle. Forgiveness to their enemies. This new precedence is what makes them superheroes and us mortals.

We've seen a lot of times when these villains are shown forgiveness they decide to work for the side of good. This is a example of the power I am writing about. Superheroes like superman will embrace them and work with him. This ideology of Mercy doesn't make sense to a lot of people. Why doesn't Superman just destroy his arch enemy? The reason is because of the quality of Superman's morality, which makes him an ultimate leader. We have to remember that superman is a universal character who has deep knowledge from the universe. This is a large part why he acts in ways we might not understand. If Superman or any superhero of these highest accords, like the coalition of the Justice League, decided to become unmerciful then they would compromise their morality and would no longer be called justice. This is true supreme justice. When one of these superheroes decides to be unmerciful then they'll lose the power of the coalition of superheroes around

them. I believe that mercy is the glue that holds these Coalition's together. Coalition's like the Avengers, the fantastic four, the x men, and the Justice League. These type of Coalition's are built upon not the superpowers that these superheroes hold but a deeper morality and ethics of mercy and justice. For us it's not easy to show mercy especially if we have the upper hand. This is an essential quality and characteristic of the highest level of superhuman superhero. Even though on the surface it looks like we're going against ourselves when we show mercy, when we start to do it and practice it then we are strong enough to take this path towards our best self. We do realize that it's a more powerful place to be. It provides us with this type of superhero energy that makes us feel the greatest. Overpowering others feels good just for a little bit but exercising mercy feels good forever. Showing somebody mercy especially if you have power over them feels good for your entire life. It feeds you and your family positive energy. It brings you closer to your goals. This is why superheroes like Superman will be with us our entire life.

BE HUBLE

Superman was the most humble superhero because he had the strongest powers without ever letting anyone know his real identity. The only one who knew his real identity was you and I, the reader. Only us and God. We need to look at his humility and start emulating this gift in order to be Superman. Other superheroes have far less humility when we look at the other greatest superheroes of our time like Batman, the X men, Spider Man, Iron Man and The Incredible Hulk.

Bruce Wayne was a multi billionaire. In today's market, he would be close to a trillionaire.

Iron Man also used his superpower abilities to obtain massive amounts of wealth.

We see a lot of superheroes live an ego fulfilled life. Superheroes like the x men for example end up fighting each other sometimes. We see Cyclops and Wolverine the two strongest x men fighting over their woman.

We see them living in a huge decadent mansion they have Professor Xavier's University. Superman's financial status was being a journalist who was getting paid to write articles for the local news. This not a flashy career yet he was the strongest person in the world. Superheroes across the universe idolized this man. Back at home, he had a boss and worked for a very humble wage living in a tiny apartment. Clark Kent is a example we can emulate to be humble.

Superman could have chosen to be the opposite. You will never hear superman say "I am God" after he saves the planet. He remains humble in form and proceeds to his next ultimate action steps. He could have had as much money as he wanted. He could have been the greatest leader in the world with the most power. If he chose this route then he wouldn't be Superman. When we are looking at humility we are looking at others who are teaching others through action. We can learn from people who have very strong abilities and exercise humility. We choose to live a humble life for the sake of other people.

If we understand Superman correctly, if people were to know his identity, there would have been a very

big promotion for Clark Kent at his Job. Yet he chooses to work with Lois Lane and have the same boss as hers. He does this in order to save time and energy by not constantly being Superman on earth. Humility saves time. It saves energy. This also allowed him to overcome governmental affairs and be quote unquote politically correct.

Let's look at one of his most popular acts of Humility. Superman stopping what he was doing to figure out a way to isolate himself and get changed from a business suit into his super suit. In a public telephone booth! Yes, this might have been easy for him because of his speed and his natural abilities but it's still that telephone booth is a very big symbol of him communicating with us his humility.

For our personal lives it can be an endeavor to be humble and it is something that we can improve. A lot of people are cocky just because they want approval. It's an underlying feeling of not being able to be able to perform in the future as well as we did in the past. I am also guilty of this. This question we can ask is "What approval does Superman need if he's the strongest person in the world?"

When we understand his humility, we understand he has nothing to prove and this is what made him so great. He could have chosen to marry Wonder Woman, or Superwoman or any of those beautiful superheroes and have this type of status or any one of the miss universes but he chose to marry Lois Lane. The woman who loved to wear no makeup. A female human journalist, making a middle class income. Barely.

Lois Lane is also a symbol of Superman's humility and Superman's love. The point I'm trying to make to you is we live in this country called America. It's natural for us to not be humble because of who we're learning from. Is our president acting like superman? We have to protect ourselves from What's on TV what's in the news, what our friends are telling us in school or work. Even from our family. The question we can ask is "How can I best set a superman example." What type of people in our life is usually who we become in life. We do have the super option to choose who we want to learn from. This is called Super study. Learning from people who are the best and longest lasting. Who is the longest lasting leader that is still respected today? Let's learn from him and start

there! We always have to come back to learning from the greatest. Learning from the best, no matter who is telling us what. That's why I created this book for you. So we together can learn from this superhero. Everyone in this world adores superman because deep down we know that when we utilize our special purpose in life and become the truest expression of ourselves, we become Superman.

Following the principles in this book will give you superpowers or even more power and talent than you already have. When this naturally occurs, we must be humble. The knowledge that you are superman and supreme of your own life can feed the ego.

Think about Superman being cocky in our world. Driving fancy sports car, showing off his money and going to clubs to party. Does this sound like something Clark Kent would even do? Seems silly right? So when we master humility we automatically put ourselves in the position to put S's on our chest. When we look at our heart deep enough it's already there. We just need to accentuate these latent abilities of ours that needs to surface. We can do this by being humble. This allegiance

to humility is something that we see through his personality as Clark.

Things that magnify humility are the core principles that superman is centered around. He's fighting for world peace, Freedom and Justice. This is the allegiance to good. You cannot be Superman and go around town showing off your abilities. You can only truly exercise your talents when using them for the greatest good. This is what differentiates the ultimate superhero from the rest. We never have felt any of his powers but we resonate with superman in action because he is fighting for the greatest good. This is also another aspect of superman's soul that is fully accentuated. This Mastership is a timeless quality that puts him at the ultimate peak of the Superhero class. Clark's identity was really the ultimate practice for Superman to be the ultimate hero. This was his spiritual path of humility. Superman Once said "I am home in Clark Kent." Clark and always had a superman suit underneath his everyday work attire. He was in the mind state of being humble. All the time. So when he actually did step into the role as Superman. He was very high in a state of humility and ready to spring into action. Full of

Vigor like being birth once again every time he made the transition from Clark Kent to Superman.

Think about getting yelled at by your boss and he doesn't know you are immortal. You have a superhero costume underneath your suit and tie. You are waiting in eager anticipation for a type of disaster or crisis to arise so you can re-metamorphosize once again. This is why when you compare Superman to any other superhero, No other had the experiential power of humility.

DRESS THE PART

We see that Clark Kent is always dressed to the nines. When he's in the Superman suit we see designer perfection. He is always perfectly dressed. This is also how We should dress. I'm not saying that we should always be in a nice suit or in perfect business attire but we can always dress our best. Even when Superman is just dressing in

regular clothes as Clark Kent, he is always the most clean cut. He's always looking his best. He shaves his face with heat ray vision. He washes his body with super speed and strength. He cuts his hair with super vision precision and can count every strand and calculate its length for his desired style. He automatically optimizes his appearance, keeping in mind how he can best present himself to the world. He's a super genius. All the clothes in his closet are folded with superman calculations. He selects his clothing from the finest fabrics and tailors and designs most of his clothing. The attention he put into his superman suit he puts into his clothing as well.

Superman has the greatest suit in the world. It is made from kryptonian technology as well as all his other amazing suits. No one has a better suit than Superman because of this technology. The suit actually is symbiotic to His powers and body on a biological level. This can make other superheroes almost jealous. Even Batman, who was somebody who had billions of dollars to put towards his suit, did not have the ability to create a suit like Superman. It was perfectly aerodynamic. He could fly as fast as he wanted in it without and resistance. It fitted to

his skin perfectly. His boots (size 10 and a half) were completely geared precisely to the millimeter to the size of his feet and combat. The Inside of his boots had super mesh for super comfort and breathability. The Outside of his boots were strong enough to walk and travel anywhere in the universe. His suit was optimized for universal exploration that could endure the highest heat and the lowest temperature that exist. This was the same optimization Clark Kent was using. Where ever he would go whether it was to work or out with Lois He dressed to the nines. When Clark would go dancing or out to eat he dressed using the same kryptonian intelligence his species used to help develop his suits and armor.

No one dresses better than Clark. If you think about it nobody even to this day can dress better then Clark Kent. People just can't dress that good. Even the Clark Kent from the 1930s and 40s superman Golden era to this day in the 2000s. Even now In 2020, no one can dress as good as Clark. I'm just being honest.

How do we dress the part? We dress the part by making sure the clothes fit us. They contour to our body. They are able to show people or physique. Which is

always in peak condition. They wear closed clothing that is respectable. Some type of T shirts that have vulgarity or crude saying Superman wouldn't wear. If it's not respectable Clark wouldn't it. I too am aspiring to dress as best as I can. And this is something that is a lifelong effort. We should always be focusing on how to dress better and better. Even if I have on a suit and I look great. I'm always going to try to beat how I looked. Even if I'm dressed to the kill. Superman to this day is still maximize his suit. This doesn't necessarily have to be an expensive endeavor. It's a person who is visualizing himself looking the best. What will people think when they see my clothing. Clark Kent really does give a depiction of how a man should dress. When we go to dress our best we can look at the way Clark dresses and this is very easy to emulate. Lets fill our wardrobe with Clark Kent like clothing. Lets dress our part. There's many clothing stores that are available that really focus on this type of style for the man. Just like there's a lot of clothing stores for people who are going the other direction. Using clothes to devalue themselves. I'm not saying you can't have fun and wear a tank top and shorts to the beach. But just keep in mind, we should try to

look the best in that tank top and shorts. Let it pronounce your musculature. Let it fit as perfectly as it can to your body to represent yourself. Represent yourself as the Superman that you are. When we dress like Clark Kent and emulate him, we automatically step into our superhero role even if it's as simple as his all famous red flannel collared shirt with blue jeans and black belt. If we apply this book and study Clark's wardrobe even deeper, we can start to put together beautiful layers of clothing like a collared shirt and tie with a nice sweater vest. To put over it. Then we can focus on accessories. His hair is perfectly combed.

He's got a nice watch on. He is obviously very fit. It looks like he has a manicure. He might be wearing the new line of Dockers with a nice leather belt and obviously Clark shoes are the best of the line. If we have perfect vision. We can also understand Superman's role and wear glasses anyway. Maybe getting a pair of sunglasses or a pair of glasses just for style with transparent frames. We noticed that he's very clean cut he doesn't have any gold necklaces on or anything like just his watch. And that's about it. This is because he uses everything he wears. All

his attire serves a purpose. People still ask about superman's cape. Some say it serves no purpose. To this day, no one really knows why Superman wore this red cape not needed to fly. I'll tell you the reason. Superman wore it the same way the Kings used to wear one. The best way to explain it is to look at a bullfighter. Bullfighters would use a red blanket to psych out the opposing bull. Sometimes Superman had to fight much bigger opponents than himself. His cape not only made him seem much larger than he was, But he was able to use the cape as a distraction so that he can easily confuse and attack The opponent. While using the cape to either lead the opponent in a certain direction or to psych him out. Then he would attack from the opposite side. Much like a bullfighter would subdue the bodacious bull.

Dressing the part means wherever your going you are dressing the very best. We understand that superman's costume was the most colorful. It came from his planet. The blue and the yellow and the S on his chest were the most brightest. It was so bright that sometimes it would shine light if the suit came into contact with certain elements and other minerals of our planet. The cape was

the brightest red located in this world. It was brighter than rubies. The suit was so bright that you could see him in the sky it looked like a miniature star flying. Because he was able to access the brightest colors in this world through his suit he had advantage over his enemies. We too should dress the part wherever we go. If we are going out to eat or on a job interview or out with our relatives or out on recreation or going to the movies We should be dressing as if we are putting on our superman costume. When we do this we automatically become the superman in that place we are going. Your cape can be your handkerchief. The main point is that we use everything we wear. When we do this enough it becomes a super power habit! This superman superpower habit will automatically let others know we are the best of the best. For example if you're out for an interview you will be taking on this superman mentality. Your wearing the brightest shirt located on earth. The brightest tie. The nicest fitting pants. And the classiest footwear. Dressing like this will make us feel the best. Imagine how superman would have felt when he put on that superman suit and he's flying around in the most colorful attire located in the world.

We have to find clothes that are this colorful and fine. A lot of the superman comics accentuate the suit because the suit is timeless. This suit was created in the 1900's. Even today we still use it in the latest movies and costumes. We still wear it today! This is because of the timeless aspect of the suit. We also should dress with this intention of timelessness.

We can ask ourselves, if this was worn by me 50 years from now would I be impressed? You can ask that question wherever you go. Whether it's out to the movies, dinner, recreation, vacation etc. We see in today's modern society that we have trends. People wear clothing due to a trend that might not last for that long. When they look back they say, "wow I'm not impressed with how I was dressing back then. We can alleviate all this by coming back into our power and asking ourselves the question when we dress before we go out. "Will I be impressed if I saw myself 50 years from now wearing this?. Examples of the timeless wardrobe are the suit and tie with colored shirt and dress shoes. Another example is nice fitting jeans and a pressed collared shirt with nice sneakers. Remember to be clean cut and trim. The wardrobe of a short trend

include certain genres of musicians that we try to emulate. Their clothing styles are a flash in the pan. Also celebrities wear very trendy clothing. It is good and wise to remain in the timeless realm of dressing the part. If you were to dress like Frank Sinatra today and go to a show 50 years from now you would still look sharp. You would probably be the superman in that house because this is the timeless dimension of dress. Remember it's not the amount of money we are using to dress the part it is the timeless aspect of the kinds of clothes which might not cost that much money at all. When we tie in this timeless aspect of dressing the part, keep in mind superman's suit. It is the shining Polaris of perfection. Lets always keep in fashion by being the most colorful and strongest. I suggest applying this chapter with the later chapter called good shape. Then we will be the superman in our life when it comes to our appearance.

DEEPER IDENTITY

Superman real Identity is who is on his planet. They don't call him superman. That was the highest we could name him due to our intelligence. His name was Kale-el. His deeper identity was him in his prime on his own planet. To understand Superman's role on his planet is to understand his family and his race. His race were solar beings that would absorb solar light from their sun And they absorb that light and collect that light and use it to gain power and build the race. They were so good at harnessing this light that they developed superpowers eventually. He wasn't the Man of steal or The Man of tomorrow or the Last son of krypton. He was deeply more distinctive and unique in Character. Superman on his planet was much different because all of his race had the same basic superpowers. Superman was so powerful anyhow that his race held him as sacrosanct and holy. They viewed him as a spiritual Lord to be likened unto a Angel because of his qualities. There were others that were held in such a high regard as this such as "super girl"

coined by our race but whose real identity was Kara-zor El. They also Honored a character called Rao.

Although there were different fluctuations of powers from each unique individual of krypton they were all free to choose their own distinct purpose. If a kryptonian had a purpose on krypton then that certain Kryptonian would possibly have different powers. The elite kryptonians such as Superman had very distinct and unique powers. When we understand that Superman without the costume Without the glasses was really a Kryptonian and had a much different way of life on his planet then we can also start to understand our way because we also have a species. We have a race is called mankind. And we all have very similar superpowers. As a race, for example Superman and all kryptonians can fly. Superman can use light rays and X ray vision as all kryptonians had this power. Kryptonians identified with each other through their abilities. They all shared super breath, they all had supervision. They all had super speed, but super really stands for Sun. On his planet he would be identified as “Sun Man..” Sun strength sun speed. Sun flight. Sun vision sun breath, because they were collecting

all the energy from the stars kind of like being batteries collecting the energy, and then they would center the energy into their superpower like a laser. This was energized by their star. Kryptonians were “Star Men.”

We also possess the same ability to harness energy from our sun. The possibility to harness it to the power of superman is achievable although still only imaginable today.

Our deeper Identity comes from courage. Superman will fly in the darkest evil villains house at the darkest time of night and his strength will be glowing in his eyes while being as calm as he can be. He will be gentle unless his nemesis is there because with humans he can break bones with the slightest exertion of force. This Sun we have on earth was strong enough to make Superman a superhero here. Our Sun’s real name is Sol. We all have the same superpowers as a race, just as the kryptonian did although it's not going to be super strength or called Super Speed. We too must know that most of our abilities are not there just to enjoy but to achieve a deeper identity. To obtain our purpose in life. We need to identify as a race. The abilities we have together as a race need to be

discovered so we can find our deeper identity. We can come together and identify the abilities that we have. When we do that our individual superpowers will increase. It is chief knowledge to know that we must first come together as a race and then we can as an individual be our own Superman. These beings called kryptonians knew this, achieved this and then became star beings with elite individuals constantly being birthed like superman. So how do we do this? Let's look again to superman for the answer. They were collected as a race through their special abilities. This is the only way that humanity can come together. It's by realizing the powers and abilities given to us. All of these same powers and abilities as expressions of the light. Our sun.

Right now we're in a situation where we want to be different. I don't want to be a human being. I want to be a musician or I don't want to be a human being I want to be an entrepreneur. I don't want to be a human being. I want to be a more powerful person than this person so I'll be an author or spiritual guide or something like that. This isn't how Superman's race works. We need to understand that we don't necessarily need to be in a world that has this

ideology as of yet but if we were to understand this chief knowledge then we can go deeper into our own unique special talents and abilities and we won't be stepping off our life's path. I'm concerned about telling you the truth, When we understand the power of the unity of a race at this junction, we can understand the superpowers that we have as an individual. If we're not coming together as a race to know every body's special abilities as a race, then there's no way we're going to know our special abilities as an individual. Although we may obtain glimpses. Would you agree that if were united with common purpose and were courageous enough to settle our difference globally that our lifespan would increase? Then why don't we?

We are living in a unique time in history called the technological age where we are connecting globally to let everyone know how different we each are. It's about "I need to be me", and "I'm special." I'm all for that. That's fine. Uniqueness and authenticity is something that should be edified in this world, but you should also have knowingness of our interconnectedness. We are linked to every single person in this race. On a deeper lever we all

have the same special abilities. This is on a On a race level. Not a Color Level. I'll give you an example.

If you look at the birds in our planet. They are the best musicians in the world, maybe in the universe. If you were to go into nature and to listen to the birds then you would understand that every bird has the ability to sing. That's their special ability. Every bird has the ability to fly and has the ability to make the most intricate natural art in the world. The Nest.

We can balance focusing on other people and what's different about them by focusing on the things that unite us. The special abilities that we all have. Just like every bird knows every bird can sing, every bird knows every bird that can fly. When this knowingness arises, there's a level of hatred that automatically gets dissolved, there's a level of judgment that automatically gets dissolved. This gets replaced by our superpowers. You can come together as a race. I would say the majority of hatred when we find out this deeper identity will be dissolved.

Another example is dolphins. All dolphins have this special ability to eco relocate. And this eco relocation is a special ability that only they have as a race. They live

very peaceful because they when they get into confrontations whether it's through sexual domination or maybe a survival program They can Eco locate and relocate. These confrontational behaviors are embedded in their brain system for pro survival in the ocean as a marine aquatic animal. They also have embedded within them this amazing ability of aquatic relocation. This ability allows them to be copasetic and to live amongst themselves. Their Sonar is a symbol of the untidiness. I believe that every race, every species in this planet has that ability except humanity at the moment. That's why superman came to fight for us and to show us our path.

This unity we have as a race is extreme raw power. I believe it can pierce through the concept of impossibility. Let's be open to superman's ideology of coming together and understanding our special abilities and powers that we all have instead of being Mr. different or Mrs. different.

This book is about being the Superman in our own life so please be open to this Chief knowledge. We gain this knowledge when we gain this understanding and we apply it on the practical side. The experiential side. This is

yet another key of how we ourselves can become Superman of our own life.

Let's Remember that even if we were best friends with Superman, Superman is not as powerful as our own self in our own life. For example, Superman can't love me the way I can love me. Superman can't have the same thoughts that I have about life. He's not going to have the same feelings. Yes, he's going be able to protect you and you will be great friends, and of course you guys will have a great time. The main thing to understand is he will never be as powerful as us in our own life. No matter what superpower he has.

Let's explore our best case scenario. In your own life you became Superman, you become that superhero, you have applied this knowledge which I'm giving to you. Congratulations. You defeated the greatest villain in your own life. You. Because on the opposite side of the scale, there is only yourself, that can be the biggest arch nemesis, only ourselves can put each other down as much as we do. Only ourselves can be as hate as hateful as ourselves. This is true for everyone in their own life. So I hope I am clear about the importance of the book.

There is no one that is more of a perfectionist in my own life than myself. There is no one who's harder on myself than myself. That is something that I personally need to work on. I need to be that superhero that Superman is in my life. The man that is bringing goodness and focusing on the things that are going to increase my special abilities. Using my powers that are going to increase these tools to bring me to my purpose. Bringing myself to supreme destinations and start accomplishing my goals. When life get hard, I need to tell myself, everything is going to be fine. "Be calm and relax Chris, I will handle this."

Like I told you before Superman does not stop. There is no stopping. There is no lunch break. There is no dinner. He does not stop until the job is complete. There's no okay we need to take a break. This deeper identity is the foundation of building ourselves up and becoming the strongest person that exist. Ourselves.

There was a person who had told me that when we go to sleep and we dream, our own mind constructs vast amounts of land and matter and substance, it creates a planet for you to walk on and to exist and to mobilize. It

creates other people that are as realistic enough to believe so you don't go lucid or wake up. It can make us believe on this high level of human intellect that the dream real. In order for you not to go lucid in that dream, you would have to believe that it's real and this creation of our very own minds has that ability!

I believe that if I were to teach about this unification of all of our power that we have as a race it would be this super power. This deeper identity of what the mind can create the power of the mind. We don't just have the capability to be a Michelangelo and illustrate art, but we can create realities. Proposing this unified ability of all of us in our race to use our mind for this type of creative power. Then I propose we can be the Superman of the mind. Superman is in a body, Being a superhero. We can be using our mind as the superhero. That's what this book is all about. What if we can transform our mind into Superman?

The only way we can do this is if we're focusing on the virtues and the principles that all superheroes share. We also will need to be focusing on the best or greatest possibilities and solutions. The one principle that

superman has that makes him the greatest is he is always focused on the best in all he does.

Think about how superman can celebrate Christmas with his super powers. He can light up the biggest tree on earth. He can celebrate with his friends and family on a masterly level. We should not just use our great abilities to gain victory but to celebrate the life we already have. This is deeper identity. For example, did you know how will superman sings? With his super breath and solar force he can create vibrations that can destroy any evil through the power of his most beautiful voice. One time he defeated a near immortal opponent called darkseid with one of his strongest songs. He just dissolved because of the difference of vibration. Could you imagine his songs to Lois and his mother?

Let's use this beautiful mind given to us as a universal tool. Here's another secret. I believe Superman at the deepest level of his mind would be the same level of our mind which can be achieved through meditation or stillness. I believe that any being in this universe would end up in the same identity as a human being In his or her deepest meditation . I believe in this Oneness of all life.

Maybe superman came here not only to protect himself and us but to show us how much we are like him in truth. How strong is superman? One time superman destroyed a entire solar system with his super sneeze...

Just like superman gets stronger in certain parts of the cosmos we too get stronger the deeper we go inside our selves. We need this meditation and thoughtless state to go deep. Whether we get there through the gaps of our thoughts or holding on to our super thought or maybe efforting to not to think at all.

THE PERFECT WOMAN

Superman has the ultimate love on this planet because he's the strongest man. He could have been with any woman wants although he chose Lois Lane. She was able to compliment his character In every way. Lois Lane was a very outgoing reporter who at times was so hungry and eager to get the school that she would find Superman would be speedy enough to see where he's going and

what's going on. She was the best report. And she complements Superman's character because he is very spontaneous, and does things. More from a natural place of. not thinking but is doing. And lowest was a woman who was very outgoing. And she was a hard worker. Let's think about it. Other than Superwoman, and Wonder Woman. Lois Lane is one of the most famous women in comic book history. This is because of her character. She had the perfect card to complement Superman's personality. No, he was doing. She was outgoing. She was bright, she was excited. She was courageous, she would put yourself in dangerous way to get to school. And there is a lot of thought put into their relationship because let's face it, Superman was the most prominent person on the news and controlled the papers and the tabloids and all of the because he was Superman. So Lois Lane, being the greatest news reporter was a perfect fit for as a matter of fact, being with this reporter, if you really think about it, was one of the perfect measures to protect superman's singularity. Because Lois Lane, be known as one of the greatest for the scoop that she would step in dangers way to get the lead story. All reporters in the city jabbed for the Superman

scoops but Lois would put herself out there the furthest. In the metropolis city superman was the hottest press. This is why she always wanted fantasized about making love to superman. The level of courageousness Lois lane harness was enough to eventually come very close to discovering superman's ultimate identity. She might be the only reporter that was strong enough to finally figure out who superman was. This fact alone might have been Superman's decision to be with her as Clark Kent. Considering that Her dream was to be with Superman this was a attraction of super proportions.

The woman that is perfect for you is the one that desires you as much as Lois desired superman. The beautiful thing was she was with Superman and never knew it. Clark Kent and Lois found love and this love was protected by the strongest being in the Universe. The love between Lois Lane and Clark Kent also in turn protected superman. It preserved Superman's identity. Clark Kent was in love with the strongest reporter in the city who always had the Front page Scoop written with her name on it. This is how he learned everything about us how to protect himself from exposure and Lois was his ultimate

shield against propaganda. We can almost imagine how thankful superman was for Lois.

It wasn't just that he loved to read and write because obviously he had super intelligence. The truth was superman's identity was getting squeezed in on the opposite side through T.V, Radio and Media. With Social Media on the Rise he had to know how to move precisely as Superman without having to expose his identity.

Us in the same sense want to choose a woman that will protect us in our deeper identity. And this is something that helps us become Superman of our own life. For example, if I am a photographer and I love to take pictures then it would be great to maybe have a girlfriend who's into art. When you find mutuality and harmony your identity is secured. In a sense this is how superheroes protect themselves in relationships. If I have a woman who doesn't have any of my interests this is going to eventually be a blow to my self esteem and can possibly damage my identity. This is a key to choosing the right woman well my son. If you're courageous like Superman then you're going to desire a woman who's outgoing. If you're more of an intellectual, you might want a woman who is a student

or maybe a professional. Medical professionals usually find other healers and magnify this energy through intimacy.

If you look at Superman and Lois Lane, This is probably one of the most beautiful romantic relationships in the history of any type of artistic endeavor because you have such a high frequency being who has fallen in love with a regular woman. This might even be the reason Superman created Clark Kent's occupation as editor. For Lois.

Clark Kent is perfect for Lois and Lois always realizes that she is in a perfect relationship with a perfect man. She just never realized how perfect her man really was. She thinks that it's because of the love that they have. Superman's power that he condenses into the form of Clark Kent distributed love to this woman in such powerful ways that can't be imagined. She ultimately became a Superhero herself. Eventually in a Series of Superman Comics she becomes a Woman with superpowers and becomes Super Woman Like. This is the Power of Love.

When we're in relationships, what we can do is focus on our special abilities and our superpowers that we

have and try to integrate them into our relationship. For example, I'm a good writer. When I'm talking to my lover, I love to send her poetry or write her something that's creative or maybe even heard. I might even sing her one of my poems. This is how I'm able to utilize my Superman power For Love. To give our powers as lover to each other is the definition of true romance. Clark Kent eventually had a son with Lois Lane and his name was Jonathan.

Eventually, when we're together with our perfect mate this woman is going to want to see their man in their highest form eventually. We know through the stories of Superman that eventually Lois Lane because of her courage, was able to see who Clark Kent really was. Superman loved Lois so much that he risked his life and freedom to tell her who she really was. This was Lois's Ultimate desire that was fulfilled. This is what Woman want. To know who we truly are. We see this in the comics where Lois Lane is flying in Superman's arms. So we must strive to be the best version of ourselves for our lover and our families. Woman expects us to be the best version of ourselves and this is good because it helps us

grow and become stronger. Applying these techniques in this book as well as my other books can help you be the best person you can be.

Sometimes when Lois was talking to Superman they would be talking as if they were friends because Lois didn't know Superman was Clark Kent. In the same way your woman might not know your superpowers. She might not know the best things about you. This might be a good thing. You might want to share these things at the right moment. Maybe when you're decided this is the woman that you're going to be with forever and invest in marriage then you might want to expose certain things about yourself as your greatest strengths and greatest weaknesses. Clark Kent would never tell Lois Lane, that he was Superman and that he could die from kryptonite. Clark Kent couldn't Die from any green crystals! But once he realized Lois Lane was his life partner, He did Open up and expose his identity, his strengths and his weaknesses. When he did open his heart to her, He fulfilled Lois's dreams that every woman has. To be with the greatest man in the world. This is a universal desire.

Now When Superman met Clark Kent and Lois Lane met when they were in their teens. They were childhood lovers. She had a lot of impact on why he became superman When he grew up. They had such a close and loving Childhood friendship that he had a very fond love for humanity and their freedom when he grew into his power. What we know from all comic book characters is that these individuals have much deeper storylines. As we continue to read, we start to learn that Lois Lane had received superman's love and power even as a child and she eventually matured to be able to harness super courage as she survived in order to complete her missions. In certain comics she even became a form of superhero resistance fighter. Superman's Soul mate was ideal because Superman needed to have a human identity. He also wanted to be with a woman that would make him feel fulfilled and be with a woman that could match his characteristics. They were two peas in a pod. Lois Lane always had the scoop. Superman always had the scoop. They were a perfect match in heaven. Our Goal for you is to get a relationship this powerful so you too can

compliment your life with someone that will make you feel your superhero-ness.

We know Lois Lane was courageous enough to put her life on the line to get the best story ever. She didn't know that her love life with Clark was the greatest story ever told. This is the power of the relationship they had together.

Even though super man had to cloak himself as Clark Kent, when he was with Lois Lane, he still felt like Superman. He was putting his abilities into the love for her. Centering and focusing those superpowers into kisses and caresses, romance and love. Maybe the tension of not being able to express his super powerful self at all times was sometimes alleviated by their love because this is how complimentary they really were. **Lets follow the greatest superhero to exist in our love life.** Let's find a woman that's going to make us feel like a superhero. Even when we are in a role that's not really us when we're at work or when we're playing the role as cleaner or salesman or

playing retailer or cleaner. When we get out of work, we look within and become ourselves. We rise again.

Hopefully you remember when we were talking about how we act our endeavors by following our gifts and talents. We really can build this superhero type of lifestyle. This idea is very similar. Even at work when playing that role if you were to talk to your girl, she's still making you feel like you're you like you're not working. As if your still dwelling in your deeper identity. Even when you don't feel powerful your perfect woman makes you still feel like who you truly are. The Superman of your life.

What's the secret about finding the perfect woman? Well, I'll tell you the secret. This is a great thing to know. You'll be able to get any woman that you want that you feel is perfect. You will be able to have plenty of options to finally find this woman that you belong with. I'll tell you what it is right now.

Most guys, when they're courting a woman, or being with a woman, are very flashy and very prideful. Not only do they show their best, or try to do their best, but oftentimes they mislead these women to believe that they're better than what they really are. We see this a lot,

especially with men that are fearful that they're not really able to keep a woman or keep performing or whatever the situation may be. But here's the secret. Are You ready? Was it Superman who made Lois Lane fall in love with him? No, it was Clark Kent. It was Superman in his most humble form that really made Lois Lane fall in love. Clark wasn't going to show off to Lois Lane by saying, Look what I could do, I could lift up this building. I can burn holes through anything I want. He was more humble. He gained Lois through his intellectual abilities. He showed her how creative he was, how good of a worker he was, how good he could dress. How romantic he was. He showed her how interested he was in her, how he thought about her and would choose to help her. He wasn't flexing his muscles, taking off his shirt asking Lois Lane to look at the S on his chest. As a matter of fact if he did do that then I don't think Lois Lane would have stayed with him. She fell in love at this deeper level that Clark Kent was operating from. Extreme Humility.

Remember that the perfect woman loves you for who you are as a regular person. She didn't get married to superman in a Church built by the smartest and strongest

superheroes. They weren't celebrating a wedding party where all the super heroes were using their super powers to create the perfect loving celebration and waterfalls. It was just regular old Clark and Lois. This is the secret.

So be prepared for this meeting of this woman that might potentially be the woman that you want to spend the rest of your life with. And you've already prepared for.

You've already mastered your special abilities.

And you don't show them off. You are more humble and are able to make her happy with other aspects of yourself without showing off your superpowers in God given gifts.

She might not even know you have them. This is what really will make her trust you. You're more interested in being interested in her helping her

do what she wants to do instead of showing off. It is more important to you to have an honest relationship instead of you being with her to flash. You Let her know how great you are by not letting her know. You Let her know how great you are by telling her she is great. You are not going to try to be somebody or pretend to be someone greater than who you really are. We have to accept that we do have weaknesses. When we do this then this woman is

more likely to stay and you can build a more fruitful relationship. This woman is your super woman. The last thing you want to do is make her think your non genuine. This can be easy because usually a man's greatest woman is making him feel fulfilled even when you're not exercising your greatness and your special bill abilities. Even on your baddest days she can make you remember you are superman. Remember, just like Clark, you are superman in your life even when you just choose to be with her and just focused on her and doing nothing else. You still feel like Superman of your life because she is making you feel the love that you deserve when you're with her. If she's not making you feel like Superman when you're not being Superman, she might not be the one my son. This is very important to know. You might want to keep continuing to look.

We also have to follow Superman by not settling. He could have had any woman in the world if he chose. Even if superman chose to just be Clark Kent forever, he's still the most intelligent, He still has all the superpowers he's just not utilizing. So same thing is true with you. You can have any woman in the world If you are utilizing your

talents and your following the guidelines of this book. It's always very important to find a woman that's perfect for you. Not perfect. But perfect for you. **Even Superman was not perfect but he was perfect when he was Clark Kent with Lois Lane.** Lois Lane was perfect for him.

Honestly the amount of things that Lois Lane did to be the greatest make her the most outstanding woman in superman's life

What we know about Lois Lane and Clark Kent, is that there's a constant similarity of Clark Kent with Superman and Lois is always in the state of trying to figure out who Superman is. It's humorous at times but this is a very dark and dramatic experience for both of these characters. Because of Superman's super intelligence, He was easily able to hide his identity as Superman, even though he looks just like Clark Kent in body build and face. Due to his intelligence though, he was able to use myriads of different facial tissues to be a completely different individual. He was able to express in certain ways that only Clark Kent can express. When she was with Superman, He would purposely use different type of facial tissues to talk to Lois demonstrating to her a completely

different identity. Superman is right in front of Lois lane kissing her as Clark Kent while she is being the best reporter and discoverer of the world and who is actively looking to find superman's identity! I think this was one of superman's greatest intellectual abilities. He would also count every hair on his head and would adjust his hairstyle in just the precise way to keep his identity protected.

When Superman flies down from the sunset sky and the warm presence and force of that superman air and energy wraps his cape around him and Lois and they kiss, she knows the power of man at that moment. This should be the same for all men with all woman. She should know from our presence that superman has arrived because you are the only one who can love her the most in your world.

HIGHER POWER

Does Superman believe in a higher power? I think that Superman definitely believes in a higher power. We know that Superman believes in himself completely. There's a DC comic where Superman's Son Jonathan asks "do you believe in God?" Superman's response was, "I've seen too much, not to believe in anything." Then he replied "Something is not everything."

This doesn't actually depict the God that Superman believes in, but it is starkly saying that he respects all values and all beliefs that exist. We know through the comics that there was a God called Rao who was the deity of Superman's planet Krypton. Kryptonians honored this God.

We don't know if Superman worshipped this deity but he respected Rao. What we do know is that Superman was definitely led by the light even if he didn't exactly say the God that he believes in. We know that as far as his actions are concerned, they were literally animated by the light because he absorbs the power from our yellow sun of our solar system here on earth. He's able to store it in his body and convert it to massive raw energy that he could hone in his superpowers. His flying abilities. All his X-ray

vision. His light beam vision, his genius capabilities, his super breath, as well as countless other abilities that he learned and applies are all energized by the sun of our solar system.

We know that on his planet he had a red sun. And these red suns weren't as powerful as our yellow sun. But they were still able to give off enough energy to have life on Krypton.

Clark Kent's Parents were devout Christians and we could say that even though Superman might not have been talking about Jesus and proclaiming the gospel that he definitely had a faith in the light. We do know his actions were animated by Stellar light rays. This is good to know because we also are animated by Stellar life rays. Technically we actually have the same super, super energy. In my world we don't live act and speak as this is true. We don't honor or proclaim our own light and that we are animated by the light energy. We walk through this space called Earth and Through the energy of light that animates us. Superman's animating force for his activities was the same exact animating force for our activities. He was like our big brother. The thing about Superman was his goal

to use his source perfectly. He would practice for hours and days and week the art of absorbing energy and mentally focusing it for his powers, speed and strength. He didn't just best craft the light he was using. He was being transformed by it.

We see that Superman eventually turns into Superman prime which was a very, very powerful form of Superman that he transformed to millions of times stronger than the normal Superman. He had perfected his superhuman abilities and were given millions of more super powers. He was given the nickname superman one million. He had millions of super powerful types of abilities because he had eventually become a perfect extension of the sun. This is why the perfect expressions of himself as the extension of the sun was called Superman prime. He was rewarded with this metamorphosis because he was expressing the light perfectly while he was Superman in Faith. He never in his wildest dreams would have imagined even with his intelligence what his powers would have manifested to in his future.

This is exactly what happens when we transform into a more perfect expression of what we believe in. We

are at this very moment transforming into what our desires are and our purposes are. Superman was acting upon goodness and light and energy that was protecting the planet, just like the sun does by giving all life to the planet. He eventually became the better expression of his source. We have to be very wise of the sources that were expressing because this is eventually what we're going to become a better expression of. We will eventually become a perfect expression of our activity. For example, there's certain people that express themselves not in the best way. And they take pride and enjoy expressing themselves in a negative manners, whether they're bullies, or people that like to hurt other people or people who enjoy the dark side of life. They watch things like horror films and find some type of enjoyment in watching other people suffer. This prime energy of our transformation is the same thing on the other side. This is their source. And so eventually they're going to become a better expression of that. For us who are reading this book will perfect our expression. Just like Clark Kent went through a double metamorphosis. He transformed into Superman and Superman re-metamorphasized into Superman prime. We will grow to be

men and then transform into the One we chose to be as a Man.

This the highest level of power that we have on an individual level. This is one of the best things we can do to express our higher power. The Mind can concentrate thoughts for so long until they metamorphosize into a higher power. Whether that power be of light or of darkness. It's as easy as making the decision just as Superman did. If people are saying that goodness are their higher power, then they're going to become better expressions of that. If people are saying that they love non-love they will transform into that. Also it is important to know who spend time with. Superman will not be spending quality time with Magneto. He will be with other super heroes. Be mindful of this when choosing your friends and people you spend time with. People who listen to dirty music and dirty movies and obscene vulgar lifestyle invite this to be their higher power and that's what they're expressing. It's difficult to choose another side. So Choose wisely. then they're going to become more of that.

I personally believe there's an even higher creator. That created all songs and souls, through his architecture

and that when we're talking about the highest level of creativity, it's really an endless event that goes on for infinity.

I don't like to put a name on a higher power that is more intelligent than myself but the closest to me would be infinity or infinitude. That's the name that I enjoy because even joy can be endless. You know the universe has created endless amounts of stars planets and life forms.

The most successful fighters, most successful musicians, most successful athletes, most successful leaders and champions share the same sunlight absorption as us. All these people also have a common denominator. It's that they believe in a higher power. Especially when we look at the superhero inventors, like Thomas Edison. Michelangelo, Tesla and Einstein, they constantly erase the thin line between science and our creator. Who in your life said there was something greater than men? These people are worth studying and you can very well spend the time finding who was their inspiration and teachers. People like this find what is greater than what is on the earth and it inspires. It motivates them and eventually

helps them feel connected to an energy of infinite abundance that helps them create.

If Inventors like Albert Einstein, Isaac Newton. Superheroes like MLK and Gandhi. Athletes like Michael Jordan and Michael Phelps. Musicians like a Michael Jackson and Mozart. Artists like Michelangelo and Leonardo Da Vinci were to spend their life together, they would all find a common denominator. This common denominator is that they are all animated by this superman prime energy. Our Sun. It is all possible that all of their higher powers are also the same. This Common denominator allowed them to make such a mind blowing difference.

Next, I want to share with you a secret. Your really going to like this secret. In the English language we call a tree a tree but in a different language like Spanish, for example is spelled ARBOL, in Dutch a tree is called a BOOM. This same beautiful tree may seem completely different when seen throughout the world because of language. The tree remains the Same. There might be a discussion or debate, or maybe even an argument over what this object really is but it is the same tree. A lot of

people call our higher power a lot of different names which make our higher powers seem different. Just like this tree it may be possible the higher power is the same. What we do know is that all energy in all life is the same. The light In all life. We have difference in this light of different name and labels. Our limitations of language create this illusion. Say to yourself, “ I am the light.” This will ground us to the power that we can all agree we hold in this life.

CHOOSING BATTLES

Choosing your battles wisely is one of the greatest tools that you can have in life. As you move forward in life there will be many areas where you will have to choose to handle situations in the best ways. We see that Superman has battled many opponents. We also see these opponents all have the same quality, they're the biggest threat in the world. He's not just fighting anyone who calls him out. We too have to put to rest a lot of the arguments we have that may not be of importance compared to the threats in

our life that are the biggest. For example if our diet is not in line it is a much more serious and dangerous threat than what others are thinking or saying about you. We have to conserve our energy. We're not going to see Superman fighting a bunch of goons while Lex Luther is devising a new plan to take over the world.

The reason for this is that Superman is courageous. If you have a person who's not courageous. He has the courage to fight his biggest enemies compared to those who pick on those smaller than them to gain clout. The one who has not worked on his courage is not going to have the ability to do this. We have to really find the courage that is within us and I promise you, the courage is within you. When you find it, you'll also have the ability to choose your own battles. A person who chooses to battle the less strong than himself instead of fighting who he's supposed to be fighting is only a lack of courage. When we choose the battle, we choose that which is the strongest battle for our safety. Then we are becoming a super hero. Then we are being Superman in our own life. Superman is not going to be fearful to fight the strongest person or arch villain in the world. He could very well say "let me

pick on this villain, because I know I can beat him. He has less power.” We are talking about Superman. His courage will go against the strongest arch villain and he will destroy the opponent because arch villains, don't have the courage to fight their strongest foes. Villains take advantage of the weak. The fact is that Superman has done this over and over again so it's like second hand nature for him to go against the strongest. We too must choose our battles wisely. Every time we win or lose a battle, we gain courage. We're not scared to lose. And we're not scared to win. All of the legends that exists. had this ability.

The greatest boxers always choose the strongest opponents. Athletes always choose the strongest opponents. We even have some people that existed that went up against the entire communities or states consciously! We see that we have Jesus who went against Satan. There are many victorious Legends we can learn from. I personally believe that are biggest nemesis is our selves. When we choose to improve ourselves then attack others then as humans we are at the top of our game.

When we have courageous people that we look up to who always choose the wisest battle then we can learn

this art of choice. The wiser the battle the stronger the opponent. Stay tuned into yourself for your greatest safety and freedom.

It's usually at this point that we say to ourselves, I don't want to be Superman in my life anymore. Remember that win or lose you gain courage. When we look back on the past we always want to see ourselves as a person who was making our future better. This is the best thing you can do to have those memories. Choose your battles wisely.

So let me give you a couple of secrets of Superman that will help you in battle. One of the greatest secrets is that Superman is not scared to get hurt. One thing that really holds us back is pain. We bottle up pain, we push it down within us, we avoid it. We walk around life, acting as if we were impervious to it. Superman is the opposite. He welcomes pain. He expresses it. He pushes it out on his enemies. He embraces it. He welcomes it. And everybody knows how much pain Superman has endured to defeat evil. In order for us to live in goodness, We must embrace the pain that we have in life.

Fortunately for you, myself and others have figured out ways to use pain as a catalyst for change, growth and strength. When you step into a battle you've already embraced the worst possible outcomes and embrace the pain that you might incur. All the while you also know that your future is going to benefit from it. Then you too will be able to defeat your largest enemies.

You might say to yourself, "Well, I'm not a superhero. This doesn't apply to me." Look deeper within yourself. I'm not talking about what you're thinking but a place deeper than thought. You'll find a prime version of Superman there. This being must be protected. This being will protect you. Us Humans all have the condition to want to avoid pain. There is good news. As a scientific fact, pain is just a stimulus to tell your body that it's producing healing. For example, When you feel something hot, this gets registered to the brain and your body automatically produces a healing effect in the body because of the pain. Pain is an external neurological reaction to produce an internal biological healing. We all carry this similar avoidance of pain. This must be accepted. so that we can

choose our battles wisely. With that being said, we can take a breath of relief.

I'm going to tell you that most of the time your largest battles aren't going to be an arch villain like Doomsday or Lex Luther. They will usually be the resistance to your actions needed to achieve your goals. To choose your battles wisely is always to focus on the biggest action steps towards your biggest goals. When we start to focus on these battles instead of things that don't really matter or pertain to our highest potential or happiness we are stepping into a superhero role. This is just like Superman focusing on the arch villain who is threatening the planet opposed to just fighting a goon or savage on the street. There is a very powerful energy behind these type of choices and everyone will notice even if they do not verbalize it. Notice the things in your life that might not matter when put face to face with your potential and bigger goals. For example, someone flips you off in the turning lane while you're driving your car. Someone catches an attitude with you online. Somebody gets snippy with you at work makes you angry. Now compare that to a Family member or isn't giving your respect or your child

or spouse that needs something where you can help. Compared to these higher battles, you being superman, must overlook these lower battles and let them go.

Focusing on the goals that are the biggest in your life and the obstacles to overcome them are you defeating your Lex Luther's. You're going to have to know your goals just like Superman is going to have to know these arch villains. If Superman doesn't know who he has to fight then he's not going to be able to achieve his superhero destiny. If you don't know the action steps and battles you have to fight to achieve your goals, you're not going to be able to achieve your Superman destiny. This also takes work on our part. Only us in our life can figure this out. Remember, there will be a lot of people that will tries to pick fights with you. They might just want to get you in trouble or to bring you down because they know you're Superman of your life. Choose your battles wisely always. Use that energy to break down the resistance, standing against you and your goals. Superman is one of the best depictions of ourselves in our life when we are living our best. We should study how he fights and apply these techniques to our goal achievement. He is Fast,

Economical and Legendary in Strength. He moves with fluidity and ease and fights authentically. He knows no limits and is not bound by a particular method to fighting. He embraces all arts and methodology to his fighting to bring his opponents down properly. He keeps his distance and moves in with precision, explosiveness and snap quickness. He is not flashy or a show off, he only uses the strikes and defense necessary for victory. He is economical. He knows his strengths and weakness and his lead punch is devastating. He doesn't hit his opponent but rather drives his strikes through his opponent. Apply this style to your greatest goals today.

One of the greatest secrets to choosing battles is the option to choose non violence. This can be applied on those people that don't matter much in your life who effort to bring you down. This frees up enormous amounts of energy and can be applied toward goal achievement. You now can use your energy to fight who and what you want, when the time comes. If your enemy is attacking and you show no resistance whatsoever then the enemy will lose power fast. Martial artists have perfected this art to drain their opponents and when the

enemy becomes weak and eventually powerless, through non resistance and defense then the force is gained to deliver crippling blows. For example, let's say someone's bullying and you don't show any type of resistance whatsoever to this bully. At the same time and in the meantime, you're using your energy you saved too expose this bully. One day, all of a sudden, the bully approaches you to all of your complete acceptance and non resistance and has no more power. You go for a takedown. You take the bully by surprise because of his anticipation to nonresistance and you take this villain down easily and effortlessly. After you win your battle finally, this bully never speaks to you again. You can feel the newfound respect you have gained. This villain now knows that you have the ability to choose your battles. You can resist. When you want. You can be completely non resistant, when you want. This makes you very powerful and difficult to predict.

Most battles are fought by two people constantly resisting each other. But if you have an opponent who knows this art of non resistance or complete acceptance to his opponent then you have a fighter who is in a entirely

different realm of combat. Choose your battles wisely my friend.

There's going to be plenty of people that resist you, but you don't have to resist them back. That's your choice. If you have two people that are resisting you at the same time, you can be completely accepting to one of them, While using that freed up energy for defense to him while you can now fight the other opponent with full force. Then you can take the second opponent down much more easily. This will be far more efficient than resisting and fighting both of them fully at the time. If the other opponent comes and puts you in danger, then you stop resisting the opposite opponent and start fighting the one that's closest to you. You do this until both enemies are defeated. Use this technique if you have more than one opponent. This is called the art of “violence, non violence.”

SAVE THE PLANET

Superman's main objective is to protect the planet. He is very successful at this. He saves the planet over and over again. How many times has superman saved the planet? It wouldn't even matter if the whole universe is shaking, Superman's goal is to protect Earth. The fact that he's done it over and over again makes him a professional planetary savior. He could very well be called a guardian of the earth. When it comes to Saving the planet he can be likened to that of a Archangel or something that vibrates and resonates at the highest of greatness. Every superhero knows Superman because of the amount of times that he saved the planet Earth. We see other superheroes that may have saved Earth but no one has done it successfully as many times as Superman. It's almost like a nine to five for him. It is something he has become attuned to.

I could only imagine how it feels to save the planet. This is a concept that not many human beings can understand. Unless it's in a super hero comic or a storyline of a movie or show, we usually don't witness planetary saviors. Planetary saviors like superman like to broadcast there victories to as many people as they can. In one superman comic scene, he was lifting killer whales to

safety with super girl. Wrapping them in marine life transfer nets and flying them to safer waters. They flew over the coastal waters for all cargo boats to witness. This was a act that demonstrated Superman's love for animals and life on earth. We can act and demonstrate by supporting our ocean and being clean when we are at the ocean. We can exude our love for the planet and we can effort to gain as many witnesses as we can to our superhero savior energy.

By being Superman in our life, there's no greater time for us to step into our role as superhero then now. We can do this by simplifying our outer circumstances to expand our inner magnitudes. Fuel production

and gas production in our overly commercialized society over the past 35 years has called us to take control of our lives. We too can start following directives from the strongest and smartest people that can allow us to be the strongest superhero. This benefit will not only be for us but for our planet so that our families can live here comfortably.

We can feel this feeling of saving the planet just like Superman does when he saves the planet. Plus the

most beautiful truth is that there's so many ways that we can save the planet. Our fight is unique and authentic. It's a genuine fight. It's not in fighting an arch enemy or a alien race. It's about deciding to make the right decisions on a permanent level. Each Decision that we make for the light and the benefit of its creation is a huge defeat to the enemies of our life. Superman would step up and fight these huge enemies. We too have very large enemies in our minds that alter our thoughts and feeling so we do not make the right decisions. We must apply our best selves to make the best permanent decisions.

For example, once I made the decision to go pescetarian, I saved a part of this planet "In my world." All slaughtering stopped in my life and respect was completely restored to all animals through me. Now I only eat fish if I catch them. I only catch them through net due to respect of omitting the weapon of the hook.

Another example is the decision to respect the beauty of the planet. Once I decided to respect this planet as a parent, like a mother, I saved the part of my world In my world. These decisions reap the supreme rewards.

Once I made the decision to learn how to garden and learn how nature grows, I saved part of the planet In my world. I learned the time spans, the reproduction and beauty patterns of these plants that we must eat on a day to day basis.

These victories are not going to be in the tabloids like Superman but in my personal opinion it's more powerful because it's a connection to all life. I hope you get this concept of being Superman of our life because I would like you to step into the role as the strongest person that exists in our life. When we make these decisions, it's just as powerful as Superman grabbing the spikes of Doomsday and bringing him down.

The reason that we were called into this time of this world at this moment right now is so we can see the world in its current state and provide assistance. The planet has never had to deal with the issue of plastic, or oil spills. Nuclear devastation. Pollution in the water at this scale is greater than any dark age..These type of fumes that are going into the air, The disrespect of the animals, And the disrespect of the trees and the plants. At this time we can through clear conscious and common sense fully experience the call

of this planet to use to take control of ourselves and make the decisions that will help us, our family, our neighbors and all life surrounding us.

There's a lot of humans that say certain trees or plant up and plants are invasive, or dangerous. A lot of these invasive plants and grasses are really edible and medicinal. They say we need to protect ourselves from these plants and grasses but the truth is they are the connection to life.

We need to understand that Mother Earth is protecting itself from us right now. One of the main reasons I wrote this book is to help give you a choice. Just like Superman had a choice to use his powers for good. We can make the choice to use our power as a human being.

Let's be supermen and love Mother Earth. Lets learn how to garden, how to plant trees and to learn how Earth grows. This is a superpower. This gives us the feeling that we are saving the world, we make this decision that we're going to respect animals and no longer breed them and cage them and slaughter them. We can never be superheroes doing this. Even though it's a tough fight,

when the fight is over and we get our victory, we're going to feel like we saved the world.

Now you can start with one simple decision. A Example is, "I'm Not going to throw plastic on the floor. Then that decision might metamorphosis into "I'm not going to throw plastic in the garbage I'm going to recycle." If you were to make this decision right now, you're leading the future of your family to make those decisions. You're saving the planet by having respect. Literally, these decisions are more powerful then defeating Doomsday or Bizarro or any arch nemesis because it's going to take a lot of willpower for you to make a decision that will fulfill you. Decisions like vegetarianism. or gardening or recycling are decisions that make you more complete and powerful. Let's start with the most important decision that I think we should all make after reading this book. The first decision that we can make is that we're going to become the Superman in our life and not the villain. This is a Golden decision and knowing the benefits makes it easy. We can ask ourselves the question, how many plants and animals had to die for us in order to live and to exist right now? If you're reading this book, then there was a certain

amount of plants and animals that had to die in order for you to be right here to read my words.

Fortunately for you because of these type of decisions that I'm provoking you to make, you are going to change your life toward your current self into that of your natural inherit personality. A unlimited fully expanded omnipresent angelic creator super hero. You're literally going to feel like you're saving the planet and you're going to feel like Superman. We've learned from previous parts of this book that practice is important so that we can stand as relaxed in our new decisions. We have to practice and prepare because of the current state of the world we live in. If somebody or a group of people are telling you it's cool to destroy your body and to go ahead and smoke and drink then you will have to have this decision power to stay no and then to say yes to the superhero lifestyle. You need to know that these companies and people no matter how good they seem are your Nemesis.

This nemesis is coming to distort your mind your future and to destroy you and your planet. What you must do is you must use a special ability in that moment to make a decision. you've been preparing for battle. You have been

training your super intelligence with the knowledge of the legends. Eventually these battles will become very easy for you to possess. When it comes to protecting and saving the planet, these nemesis pop up because now your are harmonizing with the universe and what it created.

Villains don't like that.

Sometimes you're going to go down this path alone. It's a path that we walk alone because no one can wear our cape even if they tried. Not even superman. Saving the planet is the hardest thing to do and it's going to take the most courage. The reason it is so difficult is because most of the people that you see out there today aren't going to be talking about saving the planet or being heroic. They're going to be talking about other things that have nothing to do with using your abilities on a global scale. For remember, when you get your feet on that soil, That's the global scale. Our soil is infinite wealth. Without it there is no gold or diamonds or any precious metals or stones. It is more precious than that. It is what these wealth factors depend on for survival. Look what we do. We put as much concrete and building over it as we can and completely defy the reality of how much life relies on

our natural perfection of our soil. This is a tough fight and even the littlest contributions are a victory for you.

When your hands start touching the earth, and you're putting seeds in the earth and you watch it grow before your eyes unfold into the brightest colors of the universe that are edible and perfect in shape and design you can start to understand and love this planet on a global scale. You don't have to go to Ancient Egypt, or write a book about it. All you have to do is dig a hole in the earth and put in a flower. This will activate a certain power grid that's located in the earth that will connect to you. You'll be connected to nature! This is a deeper experience of life than what our society is leading us too. They are taking our powers away from us as a people.

We all know how happy gardeners are! They're happy because they're connected by a certain power, greater than money. It's a energy that we just don't understand yet.

Right now our kids are learning very little about this aspect of a human beings ability to save his or her planet. So these decisions can come easy to us when we are acting on the individual level. It is a tremendous feat

however to bring people together to save the planet as a people. These beings growing up are getting extremely skilled at signing up for a new Google account or building their credit. We as a people understand how to technologically advance and drill for oil. We still don't know how to connect to these invisible forces located within the earth and respect life.

There are huge power grids that are our right under us that we can connect to for increased super abundance and health. This power grid comes from the source of connecting to nature. When you're a gardener and you're planting trees, flowers, plants, you're linking into this power. This is how you connect on a global scale to the planetary energy. Its right in front of your house and in the backyard. The secret is that you're connecting to this planetary power because this precious soil of Earth doesn't know no boundaries. Its global. When you step on a road, or a sidewalk, or a parking lot, that's a boundary. Boundary is not in the universes dictionary. On a global scale the planet knows no boundaries and it's connecting to the power that's all throughout the entire world that will expand us. This is how we exercise our power to save the

planet. We go back to our global scale, we get our hands dirty and we put seeds in the dirt. We should be masters at this. To the majority of people in our community this is completely alien.

It takes a man of average strength to cut down a tree but it takes a man of superhuman strength to be able to grow one. The first year I started growing seeds, I chose to grow tomato plants. The reason being was because of the fact that tomato plants were the most exotic plant that I could grow where I was living in New York. I wanted the highest challenge because I knew that with the highest challenge, I might fail to produce fruit. It was only my first year and I had nobody around me to teach me. I was self learning. Considering I would learn the most from accepting the challenge to possibly fail to harvest, I made the decision. This is how I learned the magnificence about gardening. This was a great way I made the connect to this global energy that I'm talking about. It's located in any area that you put your feet on in this earth!

It's earth ground that we discover all cures and all wealth. I connected to nature on a very, very deep level with those tomato plants. I realized how difficult it was to grow these

fruits that we buy every day. I was beginning to understand how much care it took to grow one of these plants from seed. I talked to a couple of people who became friends of mine about my experience and my journey the first year. They were amazed that I was able to grow Tomato plants in my environment on my first go around. I took the challenge and was experiencing victory with these exotic tomato plants my first year. They were growing! That year I did get fruit. Not much, only about 5 or 6 tomatoes, but those 6 tomatoes symbolized a special moment in my life. A moment when I too was growing with the plants. I grew in my understanding of the royalty and beauty of our wonderful planet.

I learned a lot about the process of putting a seed into the ground until one of these Earth forms grew into something that could give us something to nourish us on a deep level. Here is the important part. I believed in myself because I was practicing my special abilities. I was practicing my superpowers. I knew I am physically very strong so I relied on digging up the dirt. From one place to another in that garden, I used the same super intelligence I used to author this book. I used super

patience to research and find the best nutrients for the plants and to make sure they were in the best place. The plants ended up with the most light possible because I used my intelligence to learn as quickly as I can. I called upon my super mental absorption and reading abilities. I used my speed to understand how fast I transferred one plant from a container when it was a seedling into the garden or into these beautiful hanging gardens that I created. By the end of this year, I was so in love with my garden that I used these large canned good cans and I poked holes in them. We put them on branches in the trees and the tomato plants would hang down from the trees through this metal can which was grounding the tree to the exotic tomato plant. By the end of using my super abilities my garden transformed into something magical. The tomato plant was becoming the tree and it was producing fruit from that tree as if that tree was producing fruit. the roots of the plant and the branches of the tree had become one. This was my super creativity at work.

You might not want to connect to nature on this level. The importance is where I'm saying your

superpowers are. They are already there all you have to do is make super decisions and dig them up.

Start practicing them and apply them to the most important purpose. You being Superman in your life by helping saving the planet and protecting the planet. If you apply this chapter in your life and you make it important enough to teach the people that are in your life like your friends, your family, and also your children then you will hear your cape flapping in the sky. This will improve any relationship that you may have or will have in the future. It's imperative to know that we want to be acting with the same purpose of this superhero called Superman. This is what he would ask for us to do. At this time critical time of our relationship with our planet, he would expect us to take part to help him.

I hope you're asking yourself, "well how do I help?". I will tell you. What I'm going to do is, I'm going to give you a whole lot of ways that you can heal the planet and help the planet. You will learn how to contribute your planet which is a superman skill and you will literally be saving it because of the current time that we're in.

I'm going to give you a huge key here that will help you on your superhero journey. The key is to rely on your own creative source. Everyone might be teaching us how to save the planet and even I, who am teaching you this creative idea of becoming something special in your life cannot come close to these ideas that are in your heart and that are in your mind. It's your heart and creativity that the earth's needs. It doesn't need me or anyone in your life for you to step into your superman initiation. This is the ultimate contribute to saving the planet.

When I was writing this chapter, I was also very relaxed. I like to relax very deeply. While I'm writing these chapters I feel the depth of calmness that many author own. After your first book you realize the more calm you are the more accurately you will be able to express. I realized that by the time the book is pressed, hits the bookshelves and finally hits the reader this energy of calmness is the catalyst of delivering the message most vividly. It is a fusion between the author and his level of calmness during the time of writing and the calmness of the reader during the time of reading where the message

can illuminate its colors. This calmness of the reader and how good the message is going to be connected as far as distribution and receiving of the message is important to me. So I effort creating every chapter in a very calm state. As a matter of fact, I'm in that calm state right now creating this chapter. It's a level of the mind some scientists and physician call the alpha wave. I enjoy the idea of entering into these ethereal alpha wave states to create.

One of the creative ideas that came to me was that in order to save the planet, We have to find out the true connection of the planet, which is the ocean and land. We can start taking in the majority of our energy from this junction. When we're talking about energy, it could be waves. It could be the level of the tides. It can be the life of the plant sand greenery out there that we need to be start bringing to this junction.

Eventually when we can master and respect our energies here on earth we can go out into the universals and gain energies there and distribute them uniformly throughout the planet. The closest thing to this I believe is the mastership of energy distribution from ocean to our land. In order to do this we must save the aquatic life.

Every life form is the planet in individuated form. The aquatic life need help from the supermen of this world. We need to protect them from the compassionless villains that are harming them for profit.

Instead of using these areas for state preservation and flashy lifestyles for extremely rich fellows, and gentlemen we can use this private property to help heal the planet. The supermen will actually open to all of us this land so we can benefit from this energetic exchange that's naturally there. We can help these people that are saving the planet by following the blueprint laid out for you at the end of this chapter. We can also help our heroes optimize until we too get our wings. This is just one creative idea. The point I'm trying to make to you is that no one can give me these ideas, not even Superman. These are the gifts that come from within us when we are in our own peace and our own calmness. These are the things that are going to help contribute to the planet and make it a better place when we finally get this idea that we may all be different but we should be sticking together. All of us. Now is one

One of the most beautiful things about Superman is how connected he is with all the superheroes!

Superheroes have the deepest connections. They fight and risk their life for each other. They share the finest experiences. They have the best stories to tell and they live the most truth and trust each other the most. They also share the same greatest purpose. The protection of good and saving the planet. Superman has a great time sharing experiences of amazing super abilities with his friends. They are all extremely happy and fulfilled because they all have a unified purpose. We too can unify by making this decision to help save this planet. When we join groups that promote health and truth we're going to meet amazing new people that are going to brighten our life. If we choose to garden, we're going to meet gardeners. If we choose to recycle, we're going to meet people that might have a fellowship or a community. If we choose to help homeless people or the animals that need help then we will meet other kind people and this goes a long way. There's going to be communities that we can join when we will make friends and learn new things. Only the universe knows all of the ways we can help. I'm going to list a few in this book. At the end of this chapter you can learn 100 different simple ways you can get started at saving

your planet. Don't stop there! There's hundreds or thousands of ways that you can shift and help the planet. This decision of saving the planet, your world and your personal world is the most noble decision you can make in the current times. All of these new friends that you're going to gain are superheroes where you can learn about their super abilities that they're applying to get the job done. Don't forget to show them yours.

We have to understand that the majority of the people on this planet will not be interested in this chapter, this book or these communities. They might not even have the ability to absorb the ideas read in this book. Don't let that keep you down. Keep this book close to you. If you are around people like this, Don't show anyone this book! When you have knowledge like this, people tend to mock you or say you're silly, or you're different. A I don't want that for you. I want you to get the very best of the book that you can. A lot of people that are not on the path of being the best they can be, are going to say something about it, whether it's about me personally, or about you, or about Superman, or whatever. The point that needs to be understood is that it's you that's helping the

planet, and the planet knows that and the one that created the planet knows that. That's where the energy is coming from, not from the people that are talking about others and doing nothing.

With that being said, another way that we can help on this very high level of becoming the Superman in our life is helping others learn how to save the planet. If I help someone build a gardener if I show someone how to fish, or how to get their own food then I helped save this planet and this living planet will reward you. If I helped somebody learn how to recycle or explained to someone how to treat the planet and explained to them the benefits of this treatment then you are getting the job done. If we can help people learn the effects of eating healthy, and practicing exercise and doing the things that I'm showing you in this book, then in this way you are also saving the planet. I'm not asking you to be a nurse or a doctor or scientist but we have to remember that we are the planet. Our body and our brain and our organs are all made from the minerals that are the planet. We literally are the living moving planet. With this chief knowledge then you will know when we help others, We're helping the planet.

It's a good thing to know this, when you look at somebody else in their eyes, you know that you're looking at the planet. The colors of the ocean, the sky, the gemstones are all there. People that don't have this chief knowledge destroy the planet by hurting others. If they don't know this type of knowledge and material then they might not be a good spokesperson for the planet.

You have this knowledge now. While everyone else out there is doing the opposite, when the sun goes down, we will know we are superman at the end of the night. This is the reward. It is part of your superman intelligence to know that every person, in truth, is the planet. We are all the spokesperson for the world. Look at the people in your life! How are they speaking or helping the earth with their words and deeds. If you see people that are damaging their own body because of substances or unintelligent actions it's like everyone in the world turning to the same channel to hear this individual bash the planet. On a planetary level this is what it's like. Imagine how damaging this is.

A part of the planet gets bashed because they are a part of the planet literally. If individual are damaging

themselves they're in the position of impossibility to being able to help the planet outwardly. First we're going to help ourselves in the world through purification and then we are going for being the best person we can be. Then we strive to be as healthy as we can be. When we complete these steps, then we can successfully be A spokesperson for the planet.

It's kind of like an initiation, where first you prove to the planet by how you're treating yourself. Then a door will be open to help the planet on an outward level. You may be given bigger levels of responsibility. The main thing is to help others and to teach them how to save the planet. The proliferation of planetary knowledge like the chief knowledge in this book is the golden key.

It's not something that we're learning in school at all. We're not learning how to prepare these children for the future state of our climate or world affairs. As a matter of fact, we are not teaching them how to take care of the planet at all. We're teaching them how to go to gym, and how to learn mathematics and history. They are spending a lot of time here in these schools. From my personal experience, I went to school for 12 years, and then I went

to college for another 6 years. I learned superman knowledge not once. It's amazing how much energy is taken from us as kids and how much energy we have to exert to end up learning nothing about how to save our planet. We should desire to help teach others care for their planet or how to help themselves. If we could teach others, especially the younger generation by starting with the methods stated below then I believe we can come closer to the place where our cape is lying, waiting for us to put it on and fly. Here are a 100 ways to save the planet advised from the brightest minds of Cabrillo College! Enjoy!

BEGIN BY LEARNING AND BEING AWARE

The more we know about a subject (the rainforests) the more we care about them and the harder we will work to protect them.

One of the best things you can do to save the rain forests of this world is to learn all you can about them. Learn what they contain, how important they are to us and what is happening them. Then share what you learn with your friends and family. Tell them about the wonderful gifts of the rain forest. Tell them about the amazing plants and

animals that live there. Tell them how important rainforests are to our planet.

.

ENDANGERED PLANTS AND ANIMALS

Learn about the incredible treasures of the rainforest. If the last of an endangered species dies, that kind of plant or animal becomes extinct. It is gone from the earth forever.

Learn about the illegal trade in wild life. Be aware and realize that trade in exotic and endangered species is illegal and devastating to the wildlife as most animals and birds and plants die during capture or transit. Also exotic species trade has been linked to organized crime. Learn what “Bush Meat” is and if you ever hear of it on any menu report it to one of our organizations. Learn about the FUR trade and how many millions of animals are slaughtered each year for their fur. Not just for coats but for toys and gadgets.

SPREAD THE WORD

Once you have become aware of the treasures we are losing each day, tell others.

Convert them by example – encourage your family,

friends, and neighbors to save resources too.

Learn about conservation issues in your community or state. Write your legislators and let them know you do not tolerate practices that destroy the rainforest...

Teach children to respect nature and the environment.

Take them on hikes, or camping. Help them plant a tree or build a birdhouse. Help restore damaged ecosystems by planting trees on land where forests have been cut down.

Support companies who operate in ways that minimize damage to the environment.

Join a conservation organization and volunteer your time to conservation projects

Donate money to conservation projects

Support human rights of indigenous peoples in the rainforests.

.

BECOME MORE CONSCIOUS OF SUSTAINABLE

LIVING. What are simple ways to live more sustainably?

Look at your life style; make changes toward a less impactful, sustaining lifestyle. When you shop, shop intelligently. Your buying decisions have an impact on the health and survival of the planet. Don't buy products that

cause destruction of the rainforests but buy those that encourage sustainability and fair equity to those living in or near them.

Really think about where things come from and where they go when you are done with them.

RECYCLE EVERYTHING YOU CAN

Try to reduce the amount of waste you produce. Are you recycling everything you can?

Newspapers, cans, glass bottles and jars, aluminum foil, motor oil, scrap metal, etc. Aluminum cans are doubly important because of the bauxite mining used to produce them

INVESTIGATE LOCAL RECYCLING CENTERS THAT TAKE ITEMS YOUR GARBAGE HAULER DOES NOT.

Don't throw away items that are toxic. Recycle batteries, paints, fertilizers. A computer monitor has up to 9 pounds of lead and mercury etc.

Are you using chemicals to kill a weed instead of pulling it?

Be very careful of any toxic items in your garden. The birds, cats and other animals may be at risk

Reducing chemical use is important. Think about where things go when you use them. Straight into the ground water.....and then often out to sea.

LAUNDRY

Cloth diapers are the best idea...our land fills are full of disposable diapers

Use dish towels and cloth napkins instead of paper towels and wash them

Use cold water in your washing machine whenever possible

Try to use phosphate-free laundry and dish soaps.

AVOID BRINGING HOME EXCESS WASTE so that you don't have to dispose of it later.

Bring your own canvas bag with you to the market.

Avoid buying household products or food in plastic or Styrofoam containers whenever possible. (They can't be recycled and don't break down in the environment).

You can return your plastic bags to most grocery stores to be re-used.

Buy paper products instead of plastic if you must buy “disposables” They break down better in the environment and don’t deplete the ozone layer as much.

Save wire coat hangers and return them to the dry cleaners.

Take unwanted, re-usable items to a charitable organization or thrift shop.

Use rechargeable batteries

Store food in re-usable containers, instead of plastic wrap or aluminum foil.

Save the Styrofoam peanuts and noodles that come in shipments and return them to Mailboxes etc. They will re-use them

Kitty Litter: Use wheat or pine, a biodegradable source that can be composted. Cat litter is strip mined, then land filled and it will never go away there. When it goes into the local landfill, waste from it is often washed out to sea in the ground water and diseases are transferred to otters and other sea creatures.

WATER is precious

Do you know that we are one of the few nations on this earth who can count on our water being clean and safe yet we are extravagant with our water and wasteful.

Turn off water when brushing your teeth; only water your garden early in the am or late in the pm to waste less

Install a water-saving shower head

Set your water heater at 130 degrees

Are you using water to clean your driveway instead of a broom?

HOUSEHOLD ENERGY SAVINGS: It is not hard. It just takes awareness.

Whenever possible, use and buy efficient appliances.

Check the energy ratings.

Use Compact florescent lighting

A timer on your thermostat helps a great deal and shuts off the heat or air when you are not around to use it

Make sure you have good insulation on your water heater, around your doors and windows and in your house

Turn out lights when you leave a room

Burn only seasoned wood in your woodstove or fireplace

YOUR YARD

Start a compost pile

Put up birdfeeders, birdhouses and birdbaths

Pull weeds instead of using herbicides

Use only organic fertilizers – they are still the best

Compost your leaves and yard debris, or take them to a yard debris recycler. (Burning them creates air pollution and putting them out with the trash wastes landfill space)

Use mulch to conserve water in your garden

Take extra plastic and rubber pots back to the nursery

YOUR OFFICE

Recycle office and computer paper, cardboard, etc.
whenever possible

Buy recycled paper at the office store. Use your scrap paper for notes etc.

Re-use manila envelopes and file folders

Re-cycle your print cartridges (to Orangutan Conservancy)

IS YOUR CAR EFFICIENT?

Keep it tuned up

Keep tires inflated (Tires properly inflated save gas)

Buy a more fuel efficient model when you are ready for a new car.

Keep wheels properly aligned to save your tires. (It's safer too)

Can you use it less? Can you carpool?

On weekends, ride a bike or walk

JOIN THE CELL PHONE RECYCLING PROGRAM.

On February 9, 2006 a new law took effect in California making it illegal to toss electronic waste, including used cell phones into the garbage.

Nearly 40,000 million phones are replaced by newer models each year in the US. In 2005 Eco Cell estimated that more than 700 million phones remained unused, many stashed away in homes and offices. By recycling your old phone, this helps prevent mining of coltan an ore found in the middle of the gorilla and elephant habitat in the Congo. If they are discarded into landfills, they leak persistent bio-accumulative and toxic chemicals or PBT's into the environment.

It is a win, win situation because these phones are recycled and donated to the elderly or individuals who are victims of domestic violence who can use the phone to call for help. Also they are sold as an alternative to new phones in South America.

The Orangutan Conservancy collects these phones.

WEAKNESS

From mental breakdown, disease, getting lost in space, lost in time, losing his powers over and over again, near death experiences, kryptonite and Almost losing his life countless amounts of times under the bone crushing blows of his enemies, we see that Superman has weakness. Luckily superman always survives and he lives on to save the day. When we admire Superman for his special abilities we also have to take his weakness into account as

the complete superhero that he is. After all it's because of his weaknesses and defeats that makes him the strongest legend on the planet..

Superman went through so much. When we reflect on everything that Superman went through then we can better comprehend his level of superhero strength. It's a underlying theme for superheroes to have a great weakness. Professor X is in a wheel chair, The hulk has no control over himself, Iron Man has no heart. This archetype is constant in the lineup of superhero legends. Superman was a Alien whose home planet and parents were destroyed. He had to hide himself at all times and to top it off, a little green stone could cripple him. You can only imagine how humiliating and painful this must have been for him.

How much experience he has in pain made him the ultimate superhero. Superman overcame everything that he's been through. How many times has superman survived low life bad guys trying to throw kryptonite at him?!

Kryptonite shifted superman's biological system by reducing the electron pattern in superman's electronic

structure. It created a instantaneous auto immune reaction that perpetuated a anatomic shift into the deepest layers of kryptonian biology making it impossible for superman to synthesis and distribute sun light through his heart, brain and blood. Superman had a cellular system that synthesized light just like photosynthesis in a tree. The amount of solar energy superman needed was a massive amount. This mineral which used to be a benefit to his race was now the most lethal radioactive substance know to kryptonians!

Superman's and kryptonian physiology was so advanced that they had muscles and bone structures that were able to lift more than a human mind could conceive. their D.N.A were multi layer stranded. The neurologic network of their brain was millions of time more complex than ours. All of these biological advancements were in place for this race to absorb as much sun possible and be true expressions of the light. If you look at a cell of superman's, It is bioluminescent. His cellular network has successfully became more light then dark dense matter. The evil forces knew this and decided to attack this race at a biological level. The evil forces of darkness were able to penetrate superman's planet core and excite a planetary

reaction to destroy it and its inhabitants. This evil scheme was so perfectly devised that after the planet was destroyed it, It chemically shifted certain crystals on the planet and shot them into space at all directions to eradicate any kryptonians that might have tried to escape the planet through space travel. This planetary auto immune action initiated by the evil forces of the universe was successful at killing off superman's entire race that decided the attempt to escape. This included his parents. Only a bare few like super woman, Lex Luther and superman survived.

On this beautiful day, it's good for us to notice our weaknesses so that we can effort to shift our thought processes and make ourselves stronger. These thoughts that don't serve us or our fellow humans are just like mini kryptonite crystals. Just like superman, when we shift our thought processes, we can ultimately shift the electron pattern in our biology to receive more light.

When we focus on getting deeper into the mind and the heart of our Superman self, we to understand how Kale-el was feeling this pain on a cellular level. We might not all be able to fly like superman but we all feel the same pain as superman.

We can find inner super control when our weakness comes up. When we start to focus within and accept our emotions we cultivate our superman fiery fire focus. We begin to realize that our emotional and mental weaknesses effect us on a cellular level. This is our kryptonite and we must learn how to avoid it as effectively as superman. Obviously, the emotion might come as a big sphere in a certain part of our body, whether it's our lower body or mid body or upper body, even into our head. This is a inward expression of what we are experiencing in our life's outward expression and it prevents light absorption and synthesis at a deeper cellular level.

We need techniques so we can fly out of the area where this kryptonite is lying in our minds. Here is a super speed recover for negative thoughts that might be shining kryptonite green. This technique is called thought reversal. This technique was given to me by a American Master called Lester Levenson. Whenever a negative thought arises with a highly charged negative charge you can use your creativity and intelligence to locate its opposite thought o n the positive spectrum of your mind. For example, If I feel fatigued, I can reverse the thought and

shine a image of me being fully energized in my mind. The Thought reversal technique helps find your positive opposite and is a great way to fly out of kryptonite's radius immediately. It is a good way to restructure yourself, and to regain balance. This also brings neutrality.

To further add to this technique you can switch back and forth from your original negative thought and emotion and then switch to your positive opposite thought and emotion. Go back and forth between these two thought-emotions until you can bring them both together. This will neutralize the energies and bring you superman benefits for your future. It's like bringing lead to the area of the kryptonite in your super mind. Don't forget to accept fully both your originating negative thought-emotion and your positive thought-emotion. Switching back and forth, maybe four or five times until you enter into a state of neutrality. I call this the super holistic neutralizing of mental conditioning. You can do this for all your negative thoughts until your entire mind is free from kryptonite and is shining with superman light.

Personally because I am nervous of heights, I can mentally embrace and accept this fear, and then I can

switch to me being a courageous pilot, maybe doing a barrel in the sky, with my helmet unstrapped! I can go back and forth from me being fearful and contracted at a high level, And then switch to that mental visualization of the positive opposite, which was my potential. (Remember that the positive opposite is your potential that you can reach.) Then I would switch back and forth, three or four times maybe five or six. As many times as I wanted until ultimately, I myself become neutral.

Also try to stay around other people who are positive. Superman at many times relied on other superheroes to help him escape the lethal radiation of the green furious kryptonite. Batman and wonder woman and the justice league helped him and shielded him at his times of weakness. Lets surround ourselves around people that love us and care about us and are willing to protect us and accept us for our weaknesses.

Another thing to understand is that our weakness helps us to identify with other people. Being scared of heights can help me identify with millions and millions of people that might have the same nervousness. I could easily make friends with millions of people just by our

common weakness or shortcoming. Superman was able to identify with every kryptonian on his Planet through this weakness. He was also able to identify with every human on our planet because of the weakness. He was not invincible just like us and this is why we loved him so much.

This aspect of having an object that makes us weak enough to potentially die is something we all share. We all eventually have to embrace this weakness. And this weakness is something that we can humble ourselves and identify with. If we were truthful and humble enough we could be friends with everyone on the planet through this weakness and vulnerability. We would become friends with each other because there is a positive side to our human weaknesses that can bring us all to a extreme level of God Like acceptance. This god like acceptance is the positive opposite of our negative relationship with others that we currently face now.

If Superman was just resisting kryptonite and was using all that frustration to beat up all the villains, He would have never had the level headedness to build the lead Suit which made him impervious to the radiation of

the green krypto stone. This suit was stronger than Iron Man's suit and was more intelligently made. If he did not accept his weakness, he would have never came up with a solution, which was his suit. Likewise you are being given tools to find the solution. And he did find the kryptonite did not defeat him. There are millions of techniques out there that we have access now to because of the internet to help us overcome our weaknesses.

I'm giving going to give you a warning. Human beings are prone to using other people's weaknesses against them. Even though they have their own. This is called "I pretend to be perfect." This is what our opponents do. Every human has weakness and we should be able to locate our opponents weakness. Superman has x-ray vision, not to look at what underwear your wearing. He is able to locate injuries from his opponents previous fights or any broken bones they have incurred in the past. This is where he can immobilize his opponent the easiest and fastest. Superman can deliver devastating blows while his opponent has no idea he is scaling his skeletal framework. We have to protect ourselves as soon as we can.

With this type of mindset that I'm demonstrating in this chapter. We will be impenetrable and enemies will think twice knowing how strong of a hero they are going up against. Animals won't harm us. The planet won't harm us. The Galaxy won't harm us and the universe will accept us fully. We still have one enemy that will attack our weakness. Ourselves.

We have to transcend certain aspects of ourselves to become the Superman in our life. Now, I'm not saying that you're going to fly out the window. You will however, effectively habitualize a continual pattern of growth. You will always be improving. We need our weakness to improve and grow. This improvement energy is superman energy. Superman is constantly improving. One of the greatest ways that we can handle all weakness is to know our limits and then expand our limitations. Just like there are different colors of kryptonite with different types of kryptonite crystals, we too have different weaknesses located in our mind. This thought reversal technique is like the lead suit. It is one of the greatest type of techniques that you can use from protect yourself from your weakness. You ask yourself what is the positive

opposite of this weakness that I have? Keep asking yourself this question until you really have a very clear visualization. Sometimes resistance will arise to block your positive opposite from submerging in your mind. This is ok and perfectly normal. After you get comfortable with this technique, go to your greatest weakness and ask yourself what is the greatest positive opposite of this weakness. For example I'm scared of heights. The opposite positive opposite of this weakness is that I have is me piloting a plane. I can keep asking myself what's the positive opposite of this weakness. And this positive opposite will keep getting stronger. I'll think of myself in all types of very powerful planes flying and eventually these thoughts might metamorphosize into spaceships, jets, helicopters etcetera.

The greatest way that I overcame my fear of heights was to go up to a high place and except the fear of death. When I got up there I used all my courage just to embrace the fear of dying. Welcoming it and loving the emotion. Eventually I was able to accept it. I ended up just getting used to the emotion after some years and the fear dissolved and a lot of my fear of dying dissolved with

it. There was one time that I got so high up in that building and I continued to go as close to the window as I could to consciously release this fear by welcoming and accepting. At first the feeling felt like a elephant that was bigger than me. After time the elephant became smaller and smaller and I became bigger and bigger. I would just stay there at the window and continue to get more comfortable with the emotion. I welcomed that I could. Potentially I fall and after a while the feeling was tolerable. I became strong enough to accept this emotion. I became so expansive I felt like I could take on everything.

Now your weakness maybe something that could lead you to some awesome energies if you ask the right question. What's the positive opposite of that weakness? Ask yourself again and again until you have a very clear understanding of your potential as a human being. We see that Superman was illustrious for his strength but we see that his biggest weakness was of this radioactive Green sodium lithium boron silicate hydroxide. Also known as kryptonite. We can learn a lot from Superman from his weakness and we can apply how he handled his weakness to all of our shortcomings in life.

Let's take a look at how superman and his league of legends handled weakness. Lets also ask ourselves, are there any rocks like this holding us back?

Some of these weaknesses we could turn into strengths. Just like super girl purified kryptonite into a certain condensed form of kryptonite through molecular depolarization. She then called kryptonite x. Her scientific intention was to find superman a cure and she was close. Kryptonite X actually made Superman more powerful and it also gave humans superhuman abilities temporarily. The reason I bring this up is because we don't need to handle things ourselves. Other people who love and care about us want to help us and often we see in our life that weakness are fortified with the help of others that we love. What Did Superman do when coming into contact with kryptonite? Usually another superhero would help him out. Lets follow this model with all weaknesses and try to reach out to people that can help us. Superman wasn't afraid to let everyone know that he could die from kryptonite. All of his friends knew about it and protected him fiercely. One of Batman's goals for Superman was to get rid of all the kryptonite in

the world that existed because he was immune to it We shouldn't be scared or embarrassed about our weakness. We need to reach out to people that understand so that we can get assistants. Let's find friends that are immune to our weaknesses to help us!. Even Superman needed help.

Another way that we can protect ourselves is by doing what Superman did at all times. Avoid the kryptonite. We can include this method with our thought reversals as we Find the antithesis to our kryptonite. Superman's main tactic was simple. Just stay away from it. let's stay away from our weakness as best as we can until we can find our protection or lead suit so to speak.

Let's talk more about the antithesis of the kryptonite. Superman's lead. Superman would design these state of the art lead suits that he could wear and he could still be able to fight in the midst of kryptonite radiation. The suit was so highly technologically advanced that he could still maneuver with his superman abilities but he would be in the suit that would protect him. He looked a lot like an Iron Man suit like this. But instead of it being iron it was lead. It was much more advanced then the iron man suit because it housed superman instead of a human.

Superman had built the suit with his intelligence and Bruce Wayne would constantly help him with financial assistance and updates. The technology that Batman was using to build his newest mobiles was also in the design of the superman lead suit. Kryptonian technology combined with Bruce wanes assistance helped Superman come together with the ultimate suit ever created for any superhero. This suit succeeded in protecting him from kryptonite.

Ask yourself where ever you are right now. How much time do I spend watching T.V? How much Sweets do I eat? How much time do I spend playing video games? How much time do I spend on social media and non productive websites? We need to protect ourselves from these weaknesses that we are all beginning to develop. We need to build Armor suits for our weaknesses just like superman. One of my armors protecting myself from the weakness of spending too much time watching TV was creative action. Creative Action became the lead suit to my kryptonite of T.V. My armor that I built around this negative type of technology was my book writing and my music. If I was watching TV the way that I used to, I

wouldn't be writing this book right now. I'd be on the couch eating potato chips watching movies. Day by day I built my lead shield by creating music, listening to music and creating books and reading books. Now I have conditioned myself and saved so much time. I am now able to use my conserved energies on the most productive aspects of my life that make me happy and fulfilled. You to have to find your lead suit. Find your antithesis to your kryptonite. Find your kryptonite XI.

If your nemesis find out your weakness then they will make sure that they can destroy you with it. Zod Continuously circled superman with the threat. when Lex Luther knew the power of kryptonite against Superman, He constantly was able to weaken Superman to the mid to near death, close to destruction because he knew his weakness. Every villain in the world knew superman's weakness and kryptonite was not that hard to acquire on the black market. This is how vulnerable superman was. Superman knew this and just trained harder and prepared longer. Be very mindful about who knows you. We remember that Lex Luther used to be Superman's best friend when he was a kid. Lex Luther knew everything

about Superman's childhood and ultimately because of all this knowledge he was able to become Superman's arch nemesis. I am completely protected now by myself and my strongest friends that exist because I have the ultimate knowledge available. The knowledge to conceal my weaknesses and constantly improve them until the day of battle. Be careful as to be transparent to your loved ones as you can be and be as opaque to your enemies as possible.

Another great method to improve your weakness is to stop talking about it. Instead of talking to people about it you can work on your armor and your immunity to the weakness. We must hold hope until we can say “kryptonite, never more!” “You have no more power over me and my loved ones!” The only way we could understand the sheer amount of light Superman was able to harness was for us to be able to empathize with him. His vulnerable point was what we could identify with a superhero of such magnitude. **Only if he had this weakness could a human trust such a great being.** It was an opportunity for him to connect with every being in the entire world because every being in the entire world

has weakness. The aspect about Superman, which is really great, is that he was able to conceal his identity as Clark Kent. This shielded him from his weakness from most of his opponents and enemies. Most of the people, As far as villains that he fought, really weren't even aware of his of his existence because he could just disappear as Clark. Only his nemesis came close to exposing him. If Clark Kent, his ultimate protection, ever where to be exposed, he would be in much trouble because of the amount of kryptonite available. We have to understand that when our opponents knows our weakness, and use it against us, then they become a nemesis, which is our ultimate enemy. When we have an opponent who doesn't know our weaknesses then they're just an enemy. It's much easier to fight and defeat a enemy opposed to a nemesis. We can usually exhaust our enemies through emotional control and proper distance. But if an opponent or an enemy knows our weakness, especially are our greatest weaknesses then in turn become our nemesis or greatest Nemesis. So Superman is very cautious to create any more of these type of enemies. In a Sense, Clark Kent is Superman's superhero. A human. We never talk about our weakness

with people that haven't proven to us that they love us or that we can trust them. A lot of times, because of our own desire for love, or our desire for friendship, we might just be loose with our speech and share too much information with other people. Effort as much as possible to seem as Strong as possible when with acquaintances and strangers. When people gain that information, they can use it against us. So you have to be aware, just like Superman was with this awareness and Clark Kent consciousness, that in order to share our weakness or shortcomings with others, they must have proven their trust and love by a long list of requirements of trust. Here is a couple of examples of what is on my list. 1. Will they take care of us when we're in need? 2. Will they help us when we're down? 3. Will they fight for us? 4. How do they treat others? 5. Do they talk good or bad about others. 6. Are they consistent with treating everyone in their life with integrity? To the degree that a person hates any person in their life is to the degree they can love anyone else. Even their closest partners. This is something working. I am constantly improving my love for all beings that exist. Becoming Superman is knowing who are our real friends

in life. It is also making ourselves the best friend of our life. We must be aware of this if we had nothing and everything was taken away from us who would help us back up on our feet. We need to know who would give us shelter and who would feed us. When going through this very important process of life, it can really help toward realizations. You might even realize you only have a very few people in your life that you can share your weaknesses with. It's also a great way to discover a potential Nemesis if you were to share your vulnerabilities with them and you end up losing power.

INTELLIGENCE

We are always learning and this is where our intelligence is birthed. Our thoughts mature and create our reality. The birthing of our intellect is always through learning. Learning is not easy all the time. If you choose to learn the best then learning will be more difficult. The process of learning is a birthing process. This process needs to come with courage. We must be strong enough to go through this process of learning. If we know this then we can increase our intellect.

I think that we should always be getting the best grades. Superman when he was a child was not learning anything about what he was learning for his destiny as superman although he would effort to make his human parents happy and do the best he can. If we are learning at whatever stage we are, we should effort to do the best and get the best grades even if the curriculum doesn't sit well or match our highest aspirations. We will have our time to shine. I agree that our colleges and schools could have a better super curriculum to accelerate our careers but we must also understand that our schooling is career

based. We can learn how to learn there no matter what the study is. Then we can apply that learning ability to our special abilities and be our own teach. Superman was literally teaching himself his own special abilities through curriculum he was architecting for himself. He had no other choice because the highest university in the world could not teach him how to fly or use his innate gifts. This is very similar with us. There is no university in the world who could have taught Thomas Edison how to craft light or teach Michelangelo how to paint. This is also true with you. When you find your uniqueness and greatness within yourself, there is no university in the world that could even come close to teaching you your skills. You will have to teach yourself. The greatest thing about our schooling especially in America is to learn how to learn. This is because our schooling is career based, not individual based. I think it would be a great idea to create some sort of education that is tailored to a individuals special abilities and gifts. I feel this would complete the educational process. The students would not be able to fail at this institution.

If you are reading this book and you are not from America and you are from a different part of the world then you can also apply this truth that you can learn how to learn at the school in your country.

When we start to grow and master our ability to learn then we can take up our grandest curriculum. The curriculum we choose that makes us happy. The curriculum we learn on our own time as our very own selves as teacher. This is one of the highest states of intelligences available.

This is called self learning and I am pointing out to self learning in its most powerful and genuine form. This was what superman was doing constantly. He mastered the art of self learning. When we do this we can reach outside of the realms of our career based institutions through our libraries and global internet activity. We can set up learning intervals that do not have to be timed.

When they are not timed they fall into the timeless realm. For example, you could learn for 30 minutes or 5 minutes and it would be ok. We usually can absorb information at unlimited intervals when we are learning what makes us truly happy.

A very rare truth is that the highest teaching of this world are not located in any classroom. They are usually located in books of legends and quotes of our ultimate champions. These are where the highest teachings are. We are not learning about Gandhi in school. There are no courses on Albert Einstein, or Nikola Tesla. **The greatest lessons are not from textbooks they are from individuals.**

We do not have to pay for any classes for their teachings. It is our birthright as a species of the universe given the intelligence of thought. They have become light bearers so that humanity can learn from them forever. We have to initiate and motivate ourselves to learn this chief knowledge which is outside of the universities yet inside the mind of the universe.

The moment we take this decision to self learn and make our life more important than our careers then on a very real universal scale we become more powerful than the universities. This is the ultimate empowerment this self learning. You can start at any age. When you decide to learn the teachings of inventor ship from the brilliant words of Nikola Tesla or your learn art by meditating upon

the curves and shapes of inside Michelangelo's churches you have surpassed the knowledge available in the classroom. This is superman intelligence. You can further your life through self learning as much as you can further your career through conventional school and college. Let's think about it. Let's take the example of learning how to think abstractly. We have myriads of teachings from Leonardo da Vinci that would accelerate your learning and knowledge by hundreds of years compared to paying for a class in a university, who might teach you from a textbook from a person that you don't even know and who doesn't really have any global success at all. Now you're learning from these legends, who are going to increase your intelligence and bring you to the level that you deserve to be at. The highest.

This learning example is a great representation of Superman and his way. Even as a child, he could have been learning from the smartest beings in the universe to prepare him for his journey as Superman. Yet he was in school, learning Human science and human history. After High school he could have taken over the world yet He decided to enroll at metropolis University. He studied

advanced science under Professor Thaddeus V. Maxwell and took courses in biology, astronomy, art, music, and other subjects. Let's be aware with this in our academic journey. Lets always embrace our education and do the best we can. Lets also reflect the intellect of superman and supplement our schooling with the greatest knowledge for our special abilities and well being. When we find this ultimate knowledge outside of the institutional and educational walls and also embrace our curriculum then we have a completed form of education. Let's stay in this super sphere of intelligence and continue to learn and grow.

If we look at Superman's battles with his fiercest opponents they were nowhere near as close as dangerous to the duals with his most intelligent enemies. These opponents like Lex Luther, Braniac, Dr doom and General Zod were the most dangerous because they were the most intelligent. They didn't call Dr Doom a doctor for nothing.

Our greatest opponents in life will not be the size of the hulk or saber tooth or doomsday. They often will be the people in our life that try to insult our intelligence

and force us to think in the most intelligent ways. We're not going to be battling the Brainiac to save planet. Our arch nemesis might be our job manager or school teacher who is taking space up in our mind by being difficult thus altering our intelligence to a lower vibration, taking our peace and forcing us to look within to find strength to conquer the battle which is to choose our highest thoughts in the midst of emotions and negativity. We might be at work at school and our teacher really gets under our skin because he or she really has it out for us. Sometimes when we take things personally we can absorb the negative energy of these people and this leaves them with more space to continue this negative pattern. We can gain flight in battle by asking ourselves this question. Would superman take his opponents opinions of him personally? We must realize that we will never defeat our arch nemesis through brute strength or force. Superman and all of the superhero legends know a very Simple truth. we must defeat our foes through intelligence. Where is your highest intelligence? You can affirm your God given intellect through the Daily affirmation, “ I am the greatest intelligence of my highest Self.” If you affirm this once

every day, your thoughts will metamorphosize into bigger and bigger spheres of light. Eventually we realize that we have to follow the greatest beings like superman and identify what they all have in common. Goodness and Truth. We must embrace these qualities in order to become Superman in our life. We have to apply goodness. When we make the decision to strive for the levels of intelligence that hold the highest energy then we will become smarter. These energies are the energies of love, peace, courageousness, creativity, optimization, acceptance, meditation, and freedom.

Let's say for example that we're in school and we're doing our best work and our teacher is not grading us fairly or not fairly treating us. This will inevitably turn into a mental battle, which we must overcome through our life force. These battles can make us our own Superman or they can ultimately destroy us. We could be more creative and prepare to maybe study a half an hour and apply learning toward these superman energies for better preparations for future meetings. We can put extra effort for that class and also apply this toward growing in our self learning. We can apply this extra strength needed to be

exerted for this teachers testing toward how we test ourselves. Let's use these difficult people to become stronger with our self learning knowledge. Maybe we can put in a extra nights effort in the homework that's due next week in the Brainiac's class. We can ask ourselves how can I absorb the greatest knowledge from this experience? If it's at work, instead of directing our energy toward our nemesis we can redirect it through our superhero strength. We can do this by asking the question, What is the best way I can redirect this negative energy for my greatest benefit? This is how we intelligently take back our energy and use it for our life instead of someone else's. **We should have faith in the truth that all the people in our life that are difficult or negative will only defeat themselves if they were to be left alone.**

With this chief knowledge, you can be kinder to the customers at your job. You can be more creative when dealing with any authority in your life that is abusing their power with this knowledge. You can redirect the energy by instead of fueling your boss, you can be dealing with the customers more with abundant love. This will in turn make you look better than your manager because of how

much better you treat the customers. This solution is creative. There are infinite ways to use our intelligence for good to defeat the arch nemesis and our life creatively just like this..

One of the greatest ways to supplement our mental intelligence is through our emotional intelligence. It's like putting a turbo engine in a vehicle. I think the greatest thing about Superman's intelligence is the synergy between his intellect and his emotional IQ. Superman's emotions were golden because he applied his super intelligence toward emotional mastery. No matter what the circumstance Superman usually stays cool. He usually moves with emotions of Hope and refined peace and courage. We noticed that his villains don't really have this ability. He was able to take them down easily and effortlessly like this. Usually when experiencing his strength and quickness his opponents either get completely angry and start to throw tantrums or violent tantrums. These tantrums make people blind and unwise in battle. Have we ever seen Superman Emotionally out of control? We should be untouchable in regards to dealing with others emotionally. Even if our enemy devises rebellious and

vengeful tactics, our feet will always be above them if we have more emotional control than them. How can we be the most emotionally superior to our foes in battle? The answer lies in what we know about the uniqueness of emotion. Just as unique as a person's facial design is as unique as their emotional composition. We must know that all fights have a foundation on the emotional status of both parties. When we understand how people are dealing with their emotions in different ways first then we can clearly understand they all have the same origin. Fear.

When we look at Superman, even in the heat of battle, he successfully had his fear under control. Even when he is in the most danger he still is very emotionally intact and still very emotionally intelligent. He is moving and fighting for purpose and principles instead of fear. This is how we can keep our fear in control. This is actually the ultimate reason why all villain fall to defeat. This knowledge about the emotional battle underlying the physical battle. Emotionally Intelligence is a fairly new concept that is being developed through authors like Daniel Goldman, Dale Carnegie, Jennifer Brauer and a tremendous amount of other writers and PHD. The book

written by Daniel Goldman is a great work that effectively explains the anatomy of Emotional I.Q. He calls it E.Q. There are many books on emotional intelligence which really shines light on this type of intellect that's stronger than our learned intellect because of its evolutionary sediment. It's the brain that's responsible for emotions as well as thoughts and they should be work in harmony. When we are harmonious with our emotions and thoughts that what results is a clear mind. With this mental clarity we can fight take action and fight more expansively and powerfully. We look to Superman at being best the best hero and we can also depend on him for being the most wise and intelligent on an emotional level during confrontation and crisis. This emotional intelligence is one of the greatest ways we can expand and boost our intelligence. We can act more, learn more and defeat our foes and make them fall harder. This is a great way setting ourselves as Superman of our life. Now that we have additional power for our super intelligence called emotional intelligence let ask a Super question. What is the greatest emotional intelligence I can form in my mind. It's a beautiful question not just to answer but to live because

we now have books written on emotional intelligence accredited by the smartest doctors in the world. .

You can go online and pick up a dozen books on this area of knowledge and start to practice and improve your emotional intelligence now. I'll give you a superhero secret. **Whoever's the most emotionally intelligent will be the biggest superhero.** If you're able to handle your emotions at work better than all others you will be Superman there. If you have the most emotional mastery at school then you are superman there. Even if you live at home with your parent, this same formula applies. If you are more emotionally intelligent than anyone in your home then you will be superman there. This is where you'll be Superman in your life. Let's move intelligently at all times. Be the most emotionally sound person in your family! Be you're that family superhero!

Isn't intelligence the main catalyst behind all superhero stories. Isn't it how the super hero thinks and feels in the mist of pressure that really differentiates him from the villains. The most remarkable energy that superman has is his intellect. He can calculate any equation in the universe in any language immediately.

With his intelligence, He can count the amount of stars in all of the universes combined instantaneously with his supervision. Could you imagine his thoughts and his dreams? We must stand in the midst of the ideation of superman character by following these guidelines. The aspect of Kale-el that admire most is that he is the smartest being in the world. Yes, he has special abilities. Yes, he's superhuman superhero strong but the main component of Superman's power, in my opinion, is in his smarts.

The only one that possesses a common level of intelligence that lived on earth was his arch nemesis, Lex Luther. We see that a lot of battles superman fought were the way of this world itself. He used his intelligence to maximize his strength. When he would punch with his right fist he could calculate with perfect precision all of the muscled needed for the ultimate strike. He could balance perfectly by leaning slightly to the left for the perfect straight strike. His arch nemesis was not using his intelligence to make himself stronger, he was using his intelligence to make others weaker and this is why superman had the upper hand.

When superman was younger, he went to school with human students and so his intellect was yearning for expression. He was learning the human ideology of things which is a very lower intellect than Kryptonian intelligence. This must have been difficult because even kryptonians respected Superman as a universal genius.

Kryptonians respect superman very much because they know he was learning as a human when he was child when meanwhile he was one of the smartest beings in the universe. He grew up having a very deeper compassion and understanding for people than other superheroes because of his intelligence. This is one of the reasons he is the ultimate protector. If superman were to be learning from Kryptonian intelligence and knowledge he might have had even higher intellect but he would not have as much compassion. He would have most likely have had the same intelligence of Brainiac and Lex Luther but he would not have been superman with humanity.

In order to know our true nemesis we must be able to not only fight with our fist but have a sharp mind. Lex Luther was constantly in the position to control people's minds and would also attempt to control

Superman's mind. This is why he was Superman's arch nemesis. Not because he was the strongest but because he was going after superman's mind. If Lex Luther was just able to beat Superman up then that would be a lesser power than being able to control Superman's mind. We have to understand that if we desire to take control of our own life by living this superhero type of lifestyle that eventually these Nemesis will rise up against us. They have all the same distinct trait. Wanting control and power at the expense of others.

We may even eventually find out that we don't have to fight our opponents physically at all. We can win through taking action and focusing on our goals instead of them. We have to be able to control our mind and be intelligent enough to defeat those who want to harm us. When those who rise up against us take their shot, we will be fully trained and strong enough to overtake the enemy. The strong fighter will usually be taken down by the intelligent fighter. For example, most strong fighters lunge after their opponent and apply force with constant approach toward their target. A intelligent fighter strikes fast and proficiently and then moves back to his guard

position for freedom of movement. This intelligence difference usually moves the second fighter to higher ground. Superman was constantly improving his intelligence, intuition and creativity. He would apply this advancement toward his fighting skills and power. We too can practice expanding our intelligence, create from intelligence and apply this toward our ease and flow in combat.

Even if we have grown into a promising career, family and hope we can remain sharp by constantly learning, renewing and refreshing our mind. We can explore new areas, new places, learn from teaching of others and teach our knowledge to others. This will develop our intellect as well as protect it. When our arch nemesis comes to claim our life, we will be prepared mentally so that they won't be able to control us or imprison us. Once again enemy who is able to, physically fight us and potentially defeat us on it on a physical level is nowhere near the power of an enemy who's able to defeat us on a mental level. A person who can defeat us on a mental level and is aiming to do that is our highest nemesis.

We learned from Superman that our true enemy is not the physically strongest. . Lex Luther was skinny! He was not a bulky villain with a bunch of amazing superpowers. He was a really smart man who made the choice of using his intelligence to hurt people instead of helping people.

This also poses that the question of what true intelligence is. Some people debate that Lex Luther was smarter than Superman. But Superman ultimately defeats Lex Luther over and over again. Superman's biggest triumph was defeating the smartest enemies not the strongest. When superman fought the hulk he was fighting a physical battle primarily. Superman was able to focus his mind and body during that battle. He was able to ablaze with solar strength and radiate this super abundant energy to defeat the massive colossus titan. The hulk would exhaust himself trying to penetrate and pierce through superman's skin. The physical might of the hulk was drained through his emotional instability and superman took authority. Superman focused on the highest place he could lure the green giant and took him

down through superior order. Superman could not do this with Lex Luther.

Lex Luther was known to have a 12th level intellect where as Superman only had a 10th level intellect. Lex Luther was two levels higher yet Superman was smart enough to choose the side of good. This is good to notice because we can apply this to our superhero journey. Even if people tell us that we're not intelligent or we're not as good as them or we're not equal to them we can take peace in the abilities of our teacher. These people who say these things are the Lex Luther things in our life more or less. When we effort to be the superman in our life these people ultimately get defeated. The key is that we choose the side of good, and we continue to help others.

A person might be real smart, he might be able to calculate a lot of formulas but if he's not choosing the side of good, then he can't be happy. There is famous saying that states “hard work beats talent when talent fails to work hard.” We must work hard to stand for victory.

True intelligence is the ability to make ourselves happy. So let's work hard for this happiness. If you're not happy or if you're not joyful then does it matter how

intelligent you are? This is a important question. In my personal opinion Superman chose the side of good and was happy because of this. He was youthful spirit of joy and ambition who became forever more the ultimate superhero. Superman is known throughout the universe as one of the most good hearted superheroes. He was bubbling with joy and spirit even during battle.

Superman even with 10th level intellect was smarter than Lex Luther because of his choices and decisions. These choices and decisions were easy because of his allegiance of good. Because of this allegiance he was much more happier, much more joyful and much more respected then his nemesis.

The Superman symbol or Superman's S on his chest is symbolic of how good hearted he was. He had a big heart. Superman had the capacity of super breath where he could expand his lungs and take in condensed forms of air in volumes that were impossible to calculate. Due to this superman possessed a heart that was capable of pumping blood and distributing it to any area of his body at super speed. His heart could pump up or slow down to any speed without any strain. The extreme

universal strength and health was not only a compensation for his super breath ability and cardiopulmonary system but it also assisted him in rejuvenation from his massive amounts of light dispersions. His heart was known to be stronger than the entire planet. His intelligence was also coming from his heart. We know scientifically that the intelligence that's in our myocardial cellular biology hold action potential that is five times more powerful than the electrical impulses in the brain. Obviously, they're working hand in hand, but some individual's use heart energy and regular intelligence to become super humanly powerful and smart. Lex Luther was only using his brain intelligence, where Superman was using his both his heart intelligence and his intellect.

Everyone has a super intelligence in some area of their life. If you were to ask somebody about what they know the most about, they would immediately be able to give elite expertise information in this area. Everyone has a specific area of knowledge that is superman powerful and one of great things is we can access others super powers by asking them the right questions like, What do you love? What are you best at? If you ruled the world, what would

you be doing on your leisure time? You can pick up great knowledge from others by finding out where they perform best and where their heart is truly at.

We even have access to beyond human intelligence and super intelligence. This is intelligence beyond our level of our thinking that we learned from humans. We all have this intelligence naturally within us and is accessible through meditation. This is a gift to all human beings as one of our greatest life expressions. I think this is one of the greatest gifts of the human mind that we are able to use. It unifies us all because this type of intelligence is with all of us. It doesn't matter who people say you are or what you have done, you have gifts from life that no one can take away. Some people call it the gap between our thoughts and others call it the silence of meditation. It is the space where thought can move freely and is often overlooked by thought itself. When we access this energy of peace all of our thoughts shine brighter. Every aspect of ourselves shine brighter and we can easily dispel darkness.

You can also access super intelligence is by asking the right questions like, what is your favorite thing to do?

What do you know most about? If you had all the money in the world, what would you do with it? What is my highest thought? What is my deepest thought? How can my mind produce the most happiness and intelligence? You could keep asking questions like these until you could really focus. This will give you super intelligence thought patterns and increase your vibration. There are no absolute answers but there are absolute questions.

What most people are saying vs. what their super intelligence wants to say is different. Super intelligent will say things like, : I know for me, my super intelligence is in the creative field of music. And so when I start creating music, coming up with new ideas, when it comes to music, it's pretty much unlimited.” Or “figuring out where the rhythms are, the tempos are, what instruments to use, what songs what vocal, what tone of voice, what page, which note, and all of these things to come together. And this brings about a super intelligence within me and a certain type of musical inspiration.” A lot of people are at war with themselves and their true super intelligence. If it is a good thought and brings truth and discover it is mostly your super intelligence expressing itself. Everybody has

the same super intelligence that gets expressed in very different and unique ways. For example, My grandmother had a super intelligence for Christianity and cooking. She just knew how to cook the perfect recipes and would light up when she would talk about Christ. When it came to cooking, she just naturally had something that couldn't be picked up in the textbooks. It was not something that she studied. It was just something that she did, that she was effortlessly acting from in the realm of this intelligence. Some people meditate in order to act better but for some people, their actions become meditations. Grandma would invite all of neighborhood over and feed everyone. Even in her older years she had a open door and cooked for everyone on sunder her special Italian pasta and sauce. This is how she expressed her life as life expression. I think we all have this. I'm not saying we are going to be Mozart at music but if your super intelligence is expressing through your music then rest assured that certain aspects of your music are not emulable. Even by Mozart. You can say to yourself "no one can do what I do." This is a true statement and truth always activates our super intelligence.

Again, we can locate these areas of intelligence through meditation and then immediately asking optimal questions. Questions that can help you enter into your superman level 10 intelligence are. If I were to have any job in the world, what would I love to get paid to do? What is the best option? Where can I help the most right now? When is the best time for achieving my highest goal today. What is my highest goal today? Remember that whenever you invoke a question that resistance is created. Meditate or be mentally prepared for this before asking optimal questions. Resistance is usually best handled through love, courage, acceptance and peace. Asking these type of. distinctive questions not only will improve your intelligence but it will also improve your life. Specify what you most enjoy and you must love. Formulate optimal questions around these activities. The love that you have for life is the super intelligence that animates your life expression.

We might not have the super intelligence of Superman as an individual when it comes to reading and writing, but let's face it, we do have the super intelligence of living in today's age where everything is advancing at a

rate that is the speed of Superman. So we have the internet if we need to figure something out. We do have technologies to advance ourselves. There are so many different layers of information that we could learn through the internet or we could get free books online to download and read. We can now talk to people anywhere in the world through our technological devices and learn from them by asking them the right questions. This is a sense of super intelligence that we can tap into. Learning technology and using it for the side of good can give us a additional super power and ability. I'm sure superman and the justice league would not be on social media but it could lead to a wide range distribution of their teachings to the entire planet. Let's use our technology to figure out the best that out there. For example, on Google search, instead of just typing in inquiries we can always include greatest, best finest ext. Type into Google, What is the greatest _____ available. This will turn our technology intelligence into super intelligence. This will help elevate you to super solutions. You can use the internet and this technology to assist you toward your superman identity. Just like there are certain people online using our

technology to hurt others, we can be the superheroes online and give positive energy. Always give 5 stars, always say the best things and always say things that The man of steel would say. Also take the most positive energy from technology because you have this option. Computer connectivity is a intelligence that will eventually transform into what we are using it for. Let's take the individualistic approach and use these systems for our benefit and purpose. By taking this approach we can help technology transform into something better that helps free us. For example, technology can give everyone a job through data placement, updates and teaching and learning. We can direct the technology to give everyone jobs on a global level. For now let's use the best of these energies on a individual level. We have access to this super intelligence And we should use it the way superman would to the best of our abilities. Remember we are not perfect but even a little action toward empowerment goes a long way.

The last thing I will talk about in this book that will boost our intelligence is the actions toward improvement.

Superman is constantly improving. We see that in his current state he's Superman prime, which is like a nine times stronger than Superman. Now if you look at the consequence he has even new powers and abilities. His intelligence became so high that he had to move to a different dimension that was higher than this universe. He would advance his super abilities tirelessly. Just recently, he developed a new ability called solar flare, where he's able to take his anger and infuse it with solar light thus condensing atomic structure and filling his ions with ultra violet gamma light. His electrons transform into nanosuns and his entire being flares out solar particles in all directions. This new ability has the ability to melt down kryptonite crystals and disengage their radiation by separating the crystals molecular structure. It also can take down any of his past opponents with ease. We see as superman evolves he gets smarter and smarter and smarter. We too need to continue to improve our abilities to consciously increase our intelligence. We can do this neuroplasticity. A scientifically proven method that states that when we learn new things and improve ourselves we can generate new fresh neuron that connect with our older

one that can make us smarter and more mentally healthy. What ability can you improve? Can you think of your greatest new ability? I just learned how to cast net fish. It's a very advanced skill that takes time. I am able to throw a cast net into the water and catch dozens of fish at once. I advanced from just being able to catch one fish with a pole which was usually unsuccessful into being a great cast net fisher. Do you have any new abilities you recently gained? It might not be superman's solar flare but no matter how big or small it is, this improvement has boosted your intelligence.

After painting the Sistine chapel, Michelangelo was asked what he was doing to be so intelligent and wise to be able to do this incredible art. He replied, "I am still learning". Improvement is synonymous with learning. We see that the greatest people are always learning, The greater we learn the more legendary we become. We should never stop because it keeps our mind young and also makes us happy. When we learn something the mind expands, and we have more room to fit in the information. Let's have as much room as we can in our minds. We can build massive amounts of space in our mind drop old

things that are no longer necessary to us, This will leave us with a feeling of expansiveness and space that will make us powerful and more intelligent. We can keep doing this. Whatever does not serve us that is taking up space, replace them with new things and new abilities. So here you have it, another new ability that Superman has and now you do too!.

SECRET ABILITIES

Superman, not only had all of these abilities that were amazing and strong and powerful and able to defeat his enemies. But he also had an even deeper layer of superpowers called his secret superpower. There was a place that Superman used to go called the Fortress of Solitude. It looked much like the cave of crystals in Chihuahua, Mexico. This was one of superman's places he would go to get away from human activity and be by himself to meditate, rest and relax. This is where Superman would truly be himself in his deeper identity.

He was able to exercise all of his power because of the quietude and he developed secret powers. Some of these powers were Super molecular weaving, supermathmatics, super flare, microscopic vision, super creativity and imagination, and shape shifting. Superman was able to dive deep into himself and pull up and surface even more abilities that were located in his subconscious mind. This is what a true man does to prepare not only for his friends but his opponents.

We also should become like Superman and have talents and abilities that are unknown to others. Even Superman's closest superhero friends from the justice league did not know what he was truly capable of.

Everyone knows that I can write. But not everyone knows that I'm a great poet. When I'm writing books, I always try to be the greatest in my writing abilities and secretly make some portions poetic to express my secret abilities. This enhances my work.

Whatever abilities you have enhance them with your secret abilities. A lot of people don't know anything about their abilities and so they're focused on other people. Doing this blocks us from ever discovering our strongest

abilities let alone the secret ones we must dive deep and search for. If we're focused on other people, we have to continue to effort to put the focus on ourselves.

When I was in my 20s and early 30s, I understood abilities that I had but because I was in an outward direction, focused on other people and other things, I really didn't know the amount of abilities that I had. It was only by taking this inward direction and looking inward into myself and who I truly am that I discovered I could author books and sing. I also realized that one of my greatest abilities as a human being is my natural state of peacefulness when I was alone. If I stayed by myself for more than 24 hours I would just naturally fall into a very deep state of peace that I did not have to effort for. I just had to be alone and unbothered. I discovered I am the most peaceful person in my life.

Nowadays I can spend one day or two days or even three days alone where before I discovered this secret ability of peace, I could not be alone at all. Now I have to fight to be alone! I found that the most peaceful place in this world is myself when I am alone and it was the greatest gift in the world to be able to discover this ability.

I never would have dreamed I could give that amount of peace to myself. This is a secret ability of the entire humanity. We all have this secret ability of massive amounts of peace by isolating for amounts of time in nature. I am still discovering new great abilities within myself and I hope you will do the same. Let's celebrate our abilities like superheroes instead of finding fault in others like villains.

CLARITY AND PURITY OF MIND

Alright, so we talked a little bit about Superman's intelligence in the previous chapter. Now, I want to go even deeper into the mind of Superman and talk about what is beyond his super intelligent. The clarity and purity of his mind.

I think that as a superhero, Superman has the clearest and purest mind. This is the most major thing to discuss. As a matter of fact it's such an important topic that I wrote a whole chapter on it. The intellect of Superman is one of the highest in the universe. We know that within this 10th level intellect, Superman had the clearest and purest intelligence because of the way he was directing his thoughts.

In order for people to learn the clearest and purest type of things, they usually have to study for extremely long time periods in order to integrate the spiritual teachings. In order for Christians to become priests or Buddhist to become high order monks they must carry many precepts and study for years. Some of these people on the spiritual path in order to become good hearted and noble have to study for as long a physician in the physical realm of knowledge. Superman was different. His goodness and uprightness of character came naturally for him. There are four levels of competence. Unconscious incompetence, conscious incompetence, conscious competence and unconscious competence. The highest level of competence in any field is unconscious

competence. You are productive and successful in your actions without you even knowing it. Superman's purity and clarity was on the level of unconscious competence. Maybe it was predestined for him to use this power of his for good. Superman's super intelligence, clarity and purity interconnected.

The goodness of his principles directing him into the most amazing battles where the greatness of his courage was directly linked to this pureness of his thoughts. His pure mind was allowing his thoughts to think, to move, flow freely and expand. This is why whenever we read the words of Superman speaking in the comics we are inspired and compelled because we really understand this purity and courage that we are reading. We can learn from his words. We are reading one of the greatest minds of goodness to have ever existed. He gives us inspiration because we know his capabilities.

Here is a great question. How do we gain the clearest and purest mind so our life can be super in all aspects? You can also ask yourself the question, What is the clearest and purest thoughts in my mind and how can I generate more of these thoughts in my mind? When we

do this, it should bring about answers eventually. Even if we don't get answers, eventually, they will come up. The answer for me personally, is to get to know who I truly am more. This brings extreme levels of courage acceptance and peace. When you are acting more authentically you gain more approval, control and security in your life. Our authentic self is really a super and extraordinary being! When we get these answers it will generate very high levels of peace.

You'll notice that when you're not around other individuals, and you're focused on yourself, your true self will want to surface and express because you don't have to suppress yourself for other peoples or society standards. Superman did this all the time at his fortress of solitude. If you continue to do this, you will start to understand who you who you are, which is a very expansive being of peace. This is the golden secret of bringing about clarity of mind and pureness of mind. Superman used to go to his fortress called the Fortress of Solitude for extensive amounts of time and he would go with the intention to clear his mind by just to being alone. One time he went to his fortress for 15,000 years! This was his secondary way to charge up his

super powers aside from solar absorption. Now we don't have to spend that long with ourselves but let's shoot for a day or two. Then we can graduate to longer periods of time. This is even more powerful than a spiritual retreat for clarity and pureness of mind.

We noticed that all the great legends do this. They take time to be alone, so that they can be with themselves. They do this more often than the rest of us because they have found who they are! I'll tell you, the greatest peaceful person that's in our experience is yourself. This is something we have to experience for ourselves. There's no other person in our life that's more peaceful than ourselves and when we get to know this we graduate to legendary and superhero status.. This secret will naturally bring about this clarity of mind.

So another thing is to understand that Superman was fighting the greatest enemies that were available. This also naturally cleared his mind and made it pure. When you're fighting evil for the sake of good and for the safety of others this naturally purifies the mind making it the clearest. It expands the mind to new levels and brings your life closer to your highest potential. Superman had the

clearest and purest mind because of the magnitude of the battles he was fighting. This is the second superhero secret to the clearer, purer mind. We can follow this example, when we choose our battles in our life. When you need courage to fight then also know that you are developing clarity and purity of mind if the fight is for good. There's no greater enemy than the ones we are fighting now. In the same sense, there's no greater superhero in our life than ourselves in any battle. We are superheroes anytime we fight for goodness. A lot of people don't have the courage to do this. The reason people don't have these skills to fight is because they don't have the knowledge.

With the technology advancements of our age and the knowledge I'm giving right now, you can now teach yourself how to fight your opponents.

When you focus on fighting your enemies, choose the enemies that you know are evil in your life. Your goal is to defeat them and to live a life where they have been put under you and you were a victor. This is going to make your mind more clearer. Much clearer. Every enemy you defeat is the more clearer your mind will become until ultimately you defeat your nemesis for your ultimate good

and your mind becomes the clearest. Some people might even call this the purpose of life. A lot of people don't have victorious knowledge, so they can't even be courageous. People may lack courage and knowledge and when evil comes to take their life they say "Oh, well, you know, I'm not going to fight" that. This evil can come in forms of addictions and negative people, unhealthy habits and people who victimize you and your name. This makes the mind less clear and less pure. The good news is we can always move toward courageousness. A person can always move to a place that is warmer and sunnier if they have the courage. The fights that you have endured for good in your past have opened your mind, leading you closer to stepping into your ultimate direction goodness. This is the path of the superhero lifestyle. Every fight that we win is a door that opens towards our ultimate goodness.

Our life is a life of subtlety. We are not going to be fighting fully fledged caped arch villains. We are however fighting subtle forces that are called principalities that manipulate the minds of the people in our life. The fights in our own life aren't going to be like Superman's. Even something as simple as hearing somebody telling a fib

about another person is a fight. We know evil is working. Then true enemy in our life is not a person or group of people but principalities and subtle forces that control all people to some degree or another. However we choose to fight these forces is up to us. The main weapon that kept these enemies falling in superman's life was his clarity and purity of mind. These super powerful enemies dropped one after another in rapid succession.

Maybe there is somebody who you know who is hurting your friend. You love both of them but don't want to get involved. You feel guilty about not helping and unconsciously you sabotage your day in a subtle way to feel better. Your friend can't do anything about it and now you are suffering as well. This is the Nemesis I'm talking about. Now he was able to attack you. This is a domino effect and eventually someone in your life will be effected so on and so on. Because this enemy is so subtle and works through principality, if you do not stand up and fight and apply the teaching of the legends it could remain unseen and affect people in your family and try to draw blood. There is somebody who might not like a family member of yours. This somebody is trying to reduce his quality of life

by assassinating your family members character. You look the other way because you feel you are helpless to help your kin. Eventually the family member and you drift apart and a familial relationship was lost because of a person who is only good at talking bad about others.

Subconsciously you feel more inferior because you knew you lost family because of your unwillingness to protect them and your friends and you pay yourself back through fatigue and a lousy attitude. These are the Nemesis of our life.

A lot of the fights with Superman against Lex Luther was never published because they were cold war's or battles of intelligence. Our biggest fights will not look Superman locking horns with Dr. Doom. They can be very subtle battles of the mind. When we have victory we get closer to our ultimate goodness because we are the protectors of ourselves and our people.

I made this chapter about mental purity because of its ability to bring about the legendary status of any individual. The purity finds its root in a man's intentions. How can we have the best intentions?

This purity is a ability that no one even talks about Superman having. It makes his strikes more damaging and his flights more dynamically perfect. Once again, we have to understand that he is absorbing sunlight and vast amounts all day long and most of the purity is coming from sol expressing itself through Kale-el. So in order to have to best intentions we must be around and effort to absorb the most light from our environment. This means finding the best people that we can and trying are hardest to become friends and spend time with them. Also spending time in nature and absorbing that light. Finding the best knowledge of light and absorbing that. This is the best we can do to emulate the amount of light superman is absorbing. It's one of the greatest abilities he has but we have to understand its coming from a higher source.

So many people in this world are lacking This ability. It's because we are not absorbing as much light as we need. I know it's not the easiest to meditate, or to reflect or find smart and loyal friends and groups. I know it's not the easiest due to society to be at the beach and in nature all the time and to absorb this energy but even just efforting for stillness and purity will produce more clarity

as we hope for greater intentions from our light source. When we do this we are being the most authentic versions of ourselves. These beings of the greatest intention and purity have a complete acceptance of even the most evil things in this world and this is how they have the power to overcome them and defeat them. Superman does not resist the enemy, he embraces he is the strongest hero and he takes the enemy down. When we accept ourselves opposed to resisting our enemies, we truly are being more authentic and we gain more clarity and more purity.

I feel that a lot of issues that we have are really a conflict for the clarity and purity of our mind. There are forces out there that know our true power and will do anything at any cause to prevent us from seeing or absorbing or even becoming the light. When our mind is clear and it's pure we become super powerful. For example, Instead of choosing to be a security guard we may fulfill our destiny and become one of the greatest artist in the world. Instead of becoming a retail clerk, we may gain clarity and choose to harness our gifts and create something that will affect the world in a positive way like a business or a invention. When we understand who we

are we can become very real expressions of a super human in our life.

There is a lot of teachings that are written from people who have said to be able to either absorb, be around or become this light of true Self. Wayne Dyer, Lester Levinson, Hale Dwoskin, Rosalene Glickman, Gandhi, Yogananda Paramhansa, Ramana Maharshi and Bruce lee are light beings that I have discovered and studied to help guide myself. There are countless amounts of other beings who can guide us through truth to assist us spiritually upward towards a clearness and purity of mind.

We have to really strive for this because in today's world we have a lot of forces that go after the mind. It's a world of logo's and logins. When you turn on the TV and they constantly show the same commercial or the same TV show or the same news cast Or if you turn on the radio, and they constantly play the same commercial song, These are attempts to control your mind. They are literally spiritual mantras that will lead your mind toward that spectrum of light. Most of these spectrums are very low vibration. It is view or a perception that someone else wants you hold. It is not the view or perception of your

highest benefit or highest good. Why hold views or perceptions from beings who don't know us or love us? It is because of this repetitive energy that entrains the mind in a trance like state. We must shield our mind from this commercialization and continue toward further clarity. What is a view or perception that you hold? This is intergalactically more important than a view that even the president holds!

I experienced this when I was in my teenage years. Media had almost completely took over my life. I am grateful that I had escaped the grips from this energetic force. Many of these forces are from the mainstream music, mainstream television shows and mainstream movies. I got free of this and felt like I was a completely different person. I would have no idea about how to write a book like this, I would be singing The most popular songs or trying to become a popular pop musician to gain approval via media standards. This book wouldn't have been possible. It was only that I had learned from these more spiritually inept beings about how to clear the mind and purify mind that I started to take on my own thoughts. I found out that I wasn't this kid like character with tight

saggy pants but a vast mental giant with universal creative force. When I found this peace, omnipresence of Self and creativity, I received a degree of freedom of thought that was authentic to myself. We still as a collective are efforting to escape the standards or meet the standard of mainstream society and that elite force but by applying these teachings of these masters of purity we can get a assist and rise to a new level of authenticity.

When I received this awakening, I wasn't completely dependent on the creativity of others. I started to become a creator myself! It felt God like! I didn't have to wait for new music to be released, I learned how to make my own music! I didn't have to wait for the singer to release a new song, I became a great singer! I didn't have to wait for the next popular spiritual writer to release a work, I was creating great books! This is an example of the benefits of increased purity and clarity of mind and the power that it brings.

What you have to remember is that these forces are very powerful. It might take a lot of effort on your part to get free of them so that you can be your own creative source. The suggestion I have to you is to be courageous

about it because there were people who came before us that also fought this battle and have won their freedom. It is said to be so blissful this purity of mind that superman flight or ability would be atomic and infinitesimal compared to the feelings of invigoration and energy of life that it brings. We will become able to be our own creative force and to direct our lives toward what we truly want. Not what we think we want because of this mental conditioning of the elite.

There's no greater thing for me than to be able to write a book like this for you. Superman is all of our favorite superhero. Unless of course you choose a weaker character. Most of us love to win and love victory. So Superman is the ultimate superhero I chose for the groundwork help bring us to Self. This clarity is something that I hope you'll gain out of this book.

Another way to clear the mind is to do things that you love. I explain more about this later in the book about the power of doing what you love. When you are doing what you love, It's going to purify yourself. You're being true to yourself. There's a lot of forces that try to steer you to things that are opposite of what you love. Especially our

universities, schools, and institutions. Nobody wants to spend their entire life with this type of ideology of what school teaches us but we endure because of the fear society has placed on us. A lot of us don't have the knowledge and end up societal chop liver. We end up hopefully saying that we were able to take care of our families but on a soul level we didn't take care of ourselves. The closest thing we get to becoming to being superman in our area of service is a employee of the month award. All of these jobs that we think are going to save us all have the same ideology of this harsh societal standard. At times big brother mentality seems to make us feel abused and beat up like mother earth is looking the other way. We start to get down on ourselves and feel a level of inferiority that drives us be more controlling with our family. This is not the superman lifestyle. This is a idea of yourself that was created from all these commercials and commercialization's that needs your true self to fly over you and save the day. The truth is that people cannot teach us to do what we love only we can ourselves. We can throw the dice and hope for good money if we perform to the standards of impossible perfection from

bosses and authority that are also victims of higher bosses and authority. This Boss and authority mentality has a very deep latter that goes infinitely deep making it impossible for you to fly again.

Just like superman combines his abilities for maximized effect, like super breath and super heat ray vision to create tornadoes and tropical like storms we have to combine our courage with our creativity to escape what people call the rat race. Why is it called the rate race because on spiritual level it is in the sewers.

Maybe it's not going to be the most money that will make if we choose our God given talent as artist or vocalist or designer or what have you. The compensation will be the energy of creation. The energy of life which some call God. Also, let's face it, a lot of artists make a lot of money. Many Musicians make good money. Some Writers make more than all other artists! I'm not saying that society is suppressing our main ability of creation which brings love and clarity of mind but I am saying to even rise above these standards and do what you love. When you do this your service become a very real form of recreation and also a very real outlet for rest and escape

from the chaos. This is a truer form of action and you can spell it truly as re-create. Your recreating by re-creating. When we're creating things whether it be great memories with photography or artwork, or literature or music, then we're in a form of recreation, and we can get paid unlimited for this. Some say the reward for the risk is royalties. This is a concept that's completely opposed to our system. If you embrace it, and you do research on it, you can form this belief that you can do what you love and this should really be your occupation. Remember that there's no being in this world that doesn't do what they love, except a human being or a group who follows the system complacently as a conformist. Superman was not complacent to this system. He was doing what he loved and you can too. Hopefully you're reading this book in a time of your life that you can make choices to transition into a new life that you love. This time is now. Always. Loving your job and your occupation is one of the ultimate ways to clear and purify the mental streams of the body. Then this is going to purify and clear your intelligence. Your memory will improve. Your intuition will get sharper. Your logic and reason abilities will tremendously increase.

Your thoughts will move freely opposed to it feeling so sticky and resistant. All aspects of mind will expand and improve. Clarity of mind is something that enhances all aspects of a person's life not just mental. You will become healthier and physically more strong and beautiful. This is because the body is directed and unified through the deeper layers of our mind. The deeper levels of the mind is not the dream state!

We can consciously change the colors of our minds. Envision taking certain color inks and dropping them into a clear tank of water. When injecting the ink they contact the water and produce cloud like structures. This is how it looks when we inject a thought into the mind. We can mix colors and create beautiful arrays of designs as the ink leaks through the water. If you were to inject black into the tank, I would take over all of the other colors and the water would become completely black. We must renew our minds like the superman we are and empty out that tank and put new water and inject the most colorful thoughts that will dance as clouds in the beautiful waters that we are. Another example is the sky. During the day the clouds are colored white or during the sunset

and sunrise many dance and spiral in a infinite amount of different shades of the most beautiful colors. When the night comes or the rain then the colors disappear. The sky renews itself with a new day, and a new portrait can be created again.

This clarity will bring us to a high place of quality. Not only that but the person with a clear mind enhances other people's lives that are around them and make the scene more colorful. Just like I was talking about the previous chapter on Superman's special abilities, our special abilities is a discovery process. It is a experiential practicing of our talents that allows them to fruition into a ability that protect us and protect others. In order to take this theory in mind you will have to turn toward your true self for super hero help. Call to yourself! It's like sending the bat signal from your heart onto the sky of your soul.

Let's turn inward toward ourselves because if you turn toward media and our leaders they will set you up for a cheap sale. They will size you up through your credit score and their agenda's. If enough of us teach ourselves and our children how to aim for the highest potential then media and our leaders will have no choice but to shift and

fly with us. If we are not moving as a unit or developing ourselves or teaching our kids the best the why would Media promoting our clarity and purity of mind? Why would our leaders promote what the masters are talking about?

The good news is that benefits of a superhero society with superhero media and leaders is a possibility. Once again, this is not as important as developing all these aspects of our own life. I think it has to do more with our self discovery process. We can discover and Know that there's really nothing outside of ourselves and that can make us clearer within. Purity is a prerequisite to not only discovering our special abilities are to increase their power but to take control of our lives.

I know it seems like I am anti society but Social Media and all of this interactive technology has great potential and is good when used toward optimization. When optimization is the desired result that a better quality of life will result. If optimization was the primary goal for our social media then clarity of mind and purity of mind will ignite.

We have to also know that we're not perfect. Superman was not perfect. We will effort and try our best and that is enough. If we have flaws we can embrace them. Where are the professional embracers in your life? If you haven't found any, learn how to be one yourself. Superman embraces the entire field and then lights it on fire. This is something that can be a progression day by day.

The last point I would like to write about is that certain knowledge can bring about clarity of mind if we learn certain principles and certain knowledge and apply. If you are learning the principles behind the information being taught in your class rooms and work or life or wherever then you can accelerate fast. Try to memorize the principles first and then learn the information.

Yes superman can circle a planet with flames at blinding speeds. He can create vacuums that are stronger than black holes with his breathing inspiration. He can save 10 billion people on the planet at the same time through his speed and strength and intelligence. But he cannot take certain steps for you. You must apply the knowledge and principles yourself and grow. In one of the

comics he says “ Our job our purpose, our job is to protect people in the grand scheme of things. We keep the world spinning on its axis. Proverbially and literally. When the unimaginable occurs we step in and throttle the life out of it. We allow humanity to keep on living---But we don’t do the living for them. People have to make their own way. They have to do for themselves. We need police to enforce the law, firefighters to douse the flames, doctors to heal the sick. Humanity helping humanity. And when you take that all out of their hands.... They aren’t living. They’re being kept. And when that happens...It changes.

Remember superman’s superpowers and this pure clear mind he possessed. The ultimate light absorber, superman! He can read your fingerprints with his supervision on a glass window! He needs purity of mind to see like this.

IN GOOD SHAPE

This is one of the funnest chapters of the book. Not only did I teach you guys how to think like superman up until now, we can also begin to feel like superman through exercise and we will start to shape a body like him also! I want to give you guys the best exercises that's available as far as in regards to preparing yourself to be in Superman Fitness. One of the first secrets to the superman body is to always lift as much as you can. If you're doing pushups, you do as many as you can. If you're doing curls or bench press, do as many as you can until muscular exhaustion. This was the key that superman utilized during his training.

The first exercise I would like to share with you is the superman push up. The second is the Superman plank. The third is called the super man Exercise. And The fourth is the Superman jumping jack. The Superman jumping jack is doing jumping jacks, but jumping as high as you can into the air. So If you could normally do like 50 jumping jacks, you might only be able to do five or 10

Superman jumping jacks. Superman is all about maximization of abilities so when we work out we always try to outdo ourselves with new work outs and transformation.

Superman push up is basically doing a push up, but extending your hands all the way out in front of you, and attempting to do a push up. Even if you can't do one, just the attempt is going to really make you Superman fit. Eventually, you will be able to do one and I know people that are online on YouTube showing the world that they're doing like 20 of them! It's also interesting to note the fact that only 1% of the world's population can do a superman push up. Let me know if you can do it. I have a variation of the superman push up. On a stair case going down, gripping the rails and placing your feet on the rails and doing as many pushups as possible. This one makes you literally feel like you're flying.

The third exercise is the Super Man plank, which is doing a plank, But with one hand, putting your arm all the way extended and with one foot on the opposite side, having your leg and foot all the way extended. If you're

extending your left arm out all the way, then you're going to extend your left leg and foot all the way out.

The other exercise that I want to touch upon is called the Superman exercise. You lay on your belly and then you extend your arms and legs as if you're flying in the air. You lift both your legs and your arms all the way up or as much as you can. This will develop a superman core that will be strong enough for light speeds flights. Remember to do as many repetitions as you can.

I would like you to really be good at these three exercises. I'm going to get more proficient at these exercises as well with you. I admit that I am not a perfect physical trainer but these exercise work for the super hero lifestyle.

I also created a superman workout for you guys. It is the most simple workout in the world but it is the most powerful also. To follow my superman workout all you have to do is one more repetition of every exercise that you've ever done before. So if you're able to do let's say 100 pushups on Monday then on Tuesday you will shoot for doing 101 pushups. The extra one repetition is you being superman. If you're able to do, let's say 10 squats,

then doing 11 squats is the superman work out goal. You create the largest gains this way. This workout program can be applied to all exercises and all workout programs. Reach the One extra repetition repeatedly and you will be on a new level of health. This is Superman level fitness.

I wrote a book called Structural Training which was created to help you achieve superhuman strength , protection and health for yourself. The book is a great supplementation to this book.

Martial arts is also a great new skill to develop for this lifestyle. Find people you can work out with and practice martial arts. This is the greatest way to help strengthen your friends and bring healing and health to your life. Superman was part of the DC universe which included legends like Batman, Wonder Woman and the Flash. They would all workout and practice each other. The flash would teach superman his secrets and superman would teach batman fighting strategies ect. This increased the chance of victory and success for their league. They would all practice together. They needed to be in good shape and would constantly train together. We should also find great friends and improve our health together. We

should also be able to fight efficiently with them. This will strengthen relationships and bring more trust to your league.

There are many techniques out there but it's suggested to learn from the best the superheroes of martial arts fighting. I like to study the Art of Jeet Kune Do taught by Bruce lee and you too should learn from who you think is the greatest. This will automatically put you in the greatest shape of your life if your practicing Every day the methods of these fighters or athletes and implement their legend into your exercise. I like to study Floyd Mayweather Jr. Fighting style and implement some techniques to my own art. I have also paused and would rewind Muhammad Ali's punch and dance style video's for emulation and combat skill maximization. Remember that whoever you learn from, you should always rely on your innate fighting knowledge given to you biologically from life to protect yourself first and then build upon it from the legends. Accept all fighting styles and learn from the best legend from each one.

Following Superman's health regimen and efforting to be as healthy as him has never been discussed

but Let's remember that Superman took all his energy from the sun. He was a Master solar light absorber We to are master light absorbers on a cellular level. We can try to be as efficient as our intelligent on a conscious level. The more we learn how to take in sunlight, the more we're going to become Superman in our life. As a matter of fact, I don't even think that there is a regimen that deals with absorbing Anywhere!. Let's create it now.

Can we based our health on the amount of light you can absorb? This is Superman's secret to have more power than any other super hero. We too can increase our power, abilities and health this way. We do not fly to the sun and go into it like superman did to charge up. We can fly to the ocean and submerge ourselves their and charge up. The closest thing to charge up like superman that we can do is taking in pure water. We can drink water in three ways. Skin absorption, eating water rich foods and drinking fluids and water itself. Let's talk about skin absorption. This is just like superman flying into the sun, submerging himself into the light and charging up. We can submerge ourselves in high vibrational water and charge up. We can go directly to the source which is the ocean

and charge up through skin absorption or we can create our own “mini sun” A bath tub full of electrolytes and minerals and herbs and absorb it through our skin.

I'll give you a superman secret. Our skin has millions of pores, which are biological gateways that can open up and receive things from the external environment. They are semi permeable pathways which is one of our main communications with the external world. These pores can open in diameter and great symmetrical geometric patterns with individual pores to let in water and nutrients. These patters serve as doors or gateways and have perfected through symmetry the ability to absorb nutrients and energy. These pores also let things out of the body. These pores can open and also close to give us increased protection to shield us and aid our immune system. When our immune system has decided to fully engage with full force, these pores sometimes close to trap bacterium like a castle lifts up its gates. The bacterium become trapped in the body and are obliterate by our immunity. Then the pores can reopen and the body can sweat out the destroyed micro components of the obliterated bacterium. Sometime when it is humid we can

absorb water and regain balance as well. It is important to know this super ability of our skin and its shield.

Superman also had super skin. Before it rains is a great time to go outside and exercise to open our pores and gain a rebalancing through the humidity.

When the pores open up to receive moisture, we receive that water to enter into our bloodstream. This is great because this water is filled with the energy of our sun's currents. Even when you are not aware we are absorbing the light like Superman. Even at night!

This is how you can absorb a bunch of sunlight. Oh yea and let's not forget sun tanning.

Any body of water that is near our home such as lakes and rivers are great places for swimming and submerging for water absorption.

Now let's look at drinking water. If you look at the rain droplets, they're so high in the sky! Some of them are even above 20,000 feet! Until the clouds descend down, and then rain on to us. This creates a huge energy current until they come down to earth vibrating with life. This rain water is the closest thing to the sun we have access too. Not only that but we can drink it! When

you're drinking rainwater prepare for exuberant amounts of energy! It's also great to go outside and absorb this high vibrational water in the skin. Also, let's try to buy the highest grade water available. Wherever the best quality water is to purchase in your neighborhood. Buy that! Juice is also great.

The third most important way to absorb lights is to eat fruits and vegetables because fruits and vegetables, had huge amounts of sunlight in them that they had absorbed. Also they have water that has been re-qualified into its finest form for growth stimulation through photosynthesis engineering. this is how we can absorb some awesome power. All legendary athletes and fighters eat a lot of this stuff. This is how all animals on the planet get so massively powerful. Elephants are herbivores! Bulls are Herbivores! This is how they absorb the light and become super massive and super powerful.

This light absorption is the core of superman's cellular strength. Don't ever let anyone say the sun is not healthy for you. A lot of the elite forces like to scare us through media and take away our optimal thinking toward health and have us focus on UV protection opposed to the

sheer force we can gain by increasing our light absorption abilities.

Looking at one of superman cells under a microscope can enlighten you because of his proficiency at absorbing light. Lets improve our absorption abilities. We might not be able to lift 200 quintillion tons like superman but we can be the strongest we can be and reach our health potential. Once again, water is such a crucial thing for exercise that we always need to be understanding the proper importance of hydration. We can all improve our hydration abilities including myself. Superman used to go out there deep and recharge himself with the sun and come back down with his superpowers magnified. He would literally be lit and shining light on his descent. Let's also disappear for awhile on a sunny day to the ocean and become master light absorbers! When we go to the largest body of water we have access to ocean and apply this method we will come back with our superpowers magnified. We will have more than enough energy after we synthesis the light for all our demands and desires.

Our ocean has a certain pH level of salt that's perfect for recharging our body, especially when we swim

in it. The ocean has an 8.2 pH level and our body has a 7.4 pH level, roughly about which makes the ocean.

Mathematically this is the perfect equation for equilibrium when these two quotients are combined. A perfect pH is something that we will learn to eventually measure on our activity tracking technological progression. Salt is a very important aspect of our supreme health because it is a constitute of our blood in which all our vitality relies.

When we swim in the ocean or when we're near the ocean, the salt content can rebalance and recharge us on our fundamental levels. This strengthens the heart because of the Salt being pumped. If you don't live near an ocean then I suggest to you that you take annual or bi annual vacations near oceans because of this vital factor.

The most powerful beings in this world are not located on land, they're located in the ocean. Lets exercise incorporating this power source to our training to recharge. Envision you going to the beach and it's the equivalent of superman when He flies close to the sun and he completely absorbs light through his entire being turning it into light. Envision you coming back home and it's like superman coming back to earth with his super

powers. Envision your heart being re-energized and full of rejuvenation just like superman when he stores his solar energy in his heart. Visualized the superman symbol over his heart glowing because of the amount of light he brought back to earth. Visualized superman storing so much energy in his super heart that it is equivalent to the amount of energy of a miniature star. The S on his chest glows is Glowing in outer space! He has recharged and so have you.

Great Meditation! Now, I'm not saying you have a mini sun in your heart! We are however being superman when we are strengthening our heart. To be the superman in our life we need to take care of our heart. Whatever we take into the body goes to the heart first. Let's give our heart light in the form of easily digestible food and the finest fluid. This is how we stay in good shape.

We are always searching for the finest thing in the world. In superman's eyes, the finest thing is our sunlight. We all receive the finest everyday in equal amounts. Everything in this world is energized with superman's super power energy!

THE SIDE OF GOOD

Choosing to Be on the side of good is the creative force of Superman's hero's. I am sure that there is nothing more that superman would want them to see superheroes be as strong as him. Once beings truly choose the side of good together, there is no limits to growth. Let's begin to understand what it means in our life to choose the side of good.

In this life, The line between good and bad is very thin. So we must differentiate and make the decision on which side we're going to be on. In today's world choosing the side of negativity is deemed to be good. Choosing the side of good and greatness is usually frowned upon because of the decision to fly past the limitations of others and the fences of society. So we have this false

good and this true good. The true side of good is the adventurous side to life. It makes you feel alert and alive. Where you feel aware and centered you are aligned with the Good. When you serve other you can align to this good instantaneously. You begin to be cheerful because you have this clarity that I was talking about. This knowingness that you're doing good. This is the superman force. Because you know you're doing good you open the door to the energies of good. You're full of compassion, and you're competent. You're confident and creative.

We have to understand that Superman was daring to make decisions. He was also dynamic in his abilities and enthusiastic to complete his missions. His being was filled with complete knowingness of his abilities. The exhilaration that we feel when we know we are competent is the superman force of good. Let's explore the mind of Superman and see how flexible and focused he was in giving happiness and honor to everybody in the entire planet.

It might be humorous to think, Oh, I'm comparing myself to Superman. The fact is that you can choose to take initiative and to go for your dreams. This

will create the energy of independence and integrity. This will give us a feeling of love that invincible. Sometimes we can feel like we're lucid dreaming, we're so motivated! This non resistance of goodness opens up optimistic perspectives. All of these energies open up a realm of goodness for our lives.

I have located the highest and closest words in our language that explains the side of good that superman lived in. It includes

Actionless	Quiet
Balanced	Self-possessed
Centered	Serenity
Composed	Spacious
Connection	Stillness
Flawless	Tranquil
Imperturbable	Unlimited
In equilibrium	Whole
Infinite	Witnessing
Limitless	Awareness
Perfection	Boundless
Poised	Calm

Centered	Embracing
Complete	Empathy
Eternal	Friendly
Free	Gentleness
Fulfilled	Gracious
Glowing	Insightful
Light	Intuitive
Pure	Magnanimous
Quiet	Naturalness
Serene	Non-judgmental
Oneness	Orderly
United	Receptive
Abundant	Satisfied
Accepting	Tenderness
Appreciative	Understanding
Balance	Warm
Benevolent	Wonder
Caring	Accepting
Clear-sighted	Allowing
Co-creative	Attuned
Compassionate	Beautiful
Devotional	Childlike

Compassionate

Contented

Delighted

Elated

Enriched

Flowing

Fulfillment

Glowing

Happy

Harmonious

Innocent

Joyful

Loving

Mellow

Open

Playful

Radiant

Receptive

Satisfied

Secure

Soft

Well-being

Able

Aboveboard

Adaptive

Adventurous

Bold

Brave

Candid

Collaboration

Commitment

Compassionate

Competent

Cooperation

Creative

Daring

Decisive

Dedicated

Dynamic

Enjoyment

Exploration

Flexible

Focused

Forthright

Gallant	Self-sufficient
Generosity	Sharp
Giving	Solution
Goodness	focused
Gratification	Spontaneous
Honesty	Strong
Humorous	Supportive
Initiative	Tireless
Inquiry	Unpretentious
Insightful	Valiant
Integrity	Vigorous
Inventive	Alert
Motivated	Alive
Partnering	Assured
Perceptive	Aware
Persevering	Centered
Persistent	Cheerful
Playful	Clear
Pleasure	Confident
Resourceful	Cooperative
Risk-taking	Delighted
Robust	Eager

Energetic	Open
Exhilarated	Optimistic
Focused	Passionate
Grounded	Purposeful
Gusto	Receptive
Happy	Resilient
Heartiness	Safe
Hopeful	Secure
Independent	Stable
Invincible	Willing
Loving	Zealous
Lucid	Zest.
Non-resistant	

When we choose this side we enter a realm that is positive and purposeful. If we are receptive to the side of good which is superman's ultimate force then we're going to feel secure and self sufficient. The only thing stronger than superman himself is his decision for the side of Good. We can support this goodness within ourselves because this goodness is our natural state where all our

natural abilities manifest. Turning from our power of good is like a Grasshopper who injures one of its hind legs.

One of the main keys to initiate the side of good is respecting others free will. This is called the law of mutuality. It is the main Good. Even the universe and sun lets us make choices on our own. Superman's role is to protect beings from villains that threaten free will. He could bring peace on this planet in a day by disarming all of us and all our weapons. He could then pat us on the behind and tell us to behave. He could completely purify the earth by aerating the atmosphere with his super breath and then clean the ocean of all human pollution but he gives us free will. He doesn't interfere and he still protects us and gives us peace to let us know things are going to be fine. We must follow this law with our friends and family. If we choose to follow this law of mutuality then we are immediately transitioned to superman's kingdom...The side of good. Then we can become superman of our life. This takes a courageous decision but hey who said being a super hero is easy!

Being on the side of good will Bring us all the way up to the universal level of living. We know that the universe is on the side of good because it supports all of life on earth. We too can support all life on Earth and take on universal characteristics. You don't have to water every tree on the planet like superman could but it's more of the attitude that you support all life on Earth. This attitude brings you right back to the universal heart and your able to access and be one with the Universal Mind. You will feel like the universe becomes your friend and that life loves you. It's not the universe that is making us do bad things it's the lack of the universe. The lack of knowledge is what helps us the most toward our desired destination. If a person doesn't know how to fish, then he can't eat. It's the ignorance that the universe is not on the side of good and has our back. The planet has so many life forms on it and all of them have the ability to be happy. Maybe not all of the time because of decisions that man has made but even people in the worst circumstances can change and be happy because they're filled with universal energy. During certain moments we can decide the simple decision, Am I going to choose the side of good on this

situation? This is the level of good on the level of choice. Is what created us Good? Does our creation nurture us and feed us so that we can live and survive? In a lot of circumstances we can say that man's decision not to ask themselves if they are going to be on the side of good ultimately gets in the way with the natural energy that this creation hold. It's very wise to consciously make the decision to be a good person. It's as simple as asking yourself, Will I choose the side of good? When we ask this, we make that decision on a deeper level, even though most people aren't aware of it. Then you're aligning with life itself you're aligning with the universe. The person on the side of good accepts his side of bad. The person on the side of bad rejects his side of good. This is the difference.

Superman was on the level of superhero legendary superhero status when he chose the side of good. If he decided to be a elite villain he would have fell into the category of a defeated villain because he would have weakened himself and his health. This is also true with us and our decisions on this topic. Luckily it only takes one answer to one question.

Superman used to experience his opponents pretending to be on the side of good to try defend against his power. This is how powerful the power of good is. Superman's arch nemesis Lex Luther was so good at this, he eventually became the president of the United States to take over Superman and have him locked up and destroyed. Lex was able to gain the popular vote of the entire country and in the eyes of Americans he was a hero. Then he turned the people against their protector and the nation tried to destroy superman's reputation and name for his entire life.

There's a lot of people in all world that pretend to be on the side of good. Superman eventually got really good at knowing this skill of the enemies that they used as a defense mechanism to shield against the invincible nature of this force. The greatest villains are smart enough to be individuals who gain an advantage over the people who are truly on the side of good. Do you know any people or organizations that are like this right now? our role on the side of good is to be the truth. We have to understand that the people on the side of good accept themselves and accept everybody. The tell tale sign that

someone has not asked themselves this question or decided against it are the people that reject other people. Now don't get me wrong, we all have the energy of repulsion inside of us. Working toward accepting this energy for the sake of good to accept all people is the secret to superman force. The truth is that if someone rejects one person, they reject everyone. So this is the type energy that we're working with. If you take a magnet, and you have a negative and positive force, they connect, and it's a certain type of unified energy, because the negative and positive accept each other. This is a natural occurrence of our creation of oneness. If you take a negative side of the magnet, and place it together with another negative magnet then they will repel each other because they are rejecting each other. This is how it feels to reject others. The feeling of the magnet connecting with a positive and negative force similar to the energies at work with the side of good. The negative side of the magnet is not bad or evil, it is just the part of life that is made to be repelled or repulsed until the positive force of magnetism comes to unify it toward connectivity. A magnet is not made to repel or resist it's created to connect and this is how we

are able to use it as a powerful tool and a force to help us. In a sense, a magnet was designed with the positive and negative force to accept each other for the ultimate force of connectivity. Even a positive force in an individual is still useless unless it is accepting negativity and thus gaining connectivity. So the person at this level of side of good even accepts the negative even though he's a positive charge. These are the Jesus preaching's, love thy enemy. The Buddha's and Superman's.

Superman has the power to accept his enemy if they choose to stop harming or choose the side of good. A villain does not have this ability. Now, if you have a negative person who's accepting a positive person, that is also the side of good and thus will gain this ultimate force of connectivity. It is a tough barrier to break on a human level to accept negativity but only a positive person with positive force has this ability. This energy of connectivity is beyond negative, positive and neutral charge. The energy can produce anything. A simple equation is $N=PXC$. N for negative, P for positive and C for connectivity. This is an equation that Superman used to use

when calculating algorithms to fight the mental battles with Lex Luther.

It doesn't matter if you're a positive or negative charged person, you still have access to this superman force of connectivity. It is not enough to be positive to be good. You must be reaching the force of connectivity. It is also a very beautiful form good when we have people who might be in negative circumstances, whether they're in an environment that's low class, or surrounded by family who might not be doing the right thing and they're full of negative energy yet they still accept the side of positivity. These people are still harnessing the energy of goodness. The energy of connectivity. When these people hear about good people, they still have an openness to them. Even on the outside they seem negative because of their circumstances they are universally seen as a good force. How does this differ from society's definition of good? In superman's eyes these people are on the side of good.

So when we're on this path and we gain force and power through meditation and letting go of our past condition, we have to realize that there will be people in our life that will pretend to be great, or pretend to be good

to control us. The only chance is to pretend and fool us into this mindset. A great example of this is the story of Othello.

The way that we can tell if they are true, is through their actions,. Not their words. In today's age, it is very easy to speak good things and to mislead people. Even an entire people can be fooled, we have seen this in Germany and other areas of the world. A whole entire people being mentally manipulated by thinking they are doing the right thing. Evil people can get up on a stand or a podium and speak and be very charismatic and mislead humanity. It takes a man of true good to be speak the good and have the people witness through their actions those words. You'll see him out there, this man of valor doing acts of good! Whether it's creating things, or helping people or promoting life or fighting for goodness. This is the way you can verify a man's goodness. Words can charm you into thinking things without actions backing them up. People who use words in this way are very charismatic. These negative people can pretend to be good, like the Lex Luther's is in our life, they just speak about goodness. Can you imagine one of the most evil villains preaching about

goodness? This is what was going on with superman. When you get to a high enough level of legendary status you might eventually have to fight this battle as well. This is actually a very. These are usually the last fights before the legend obtains its freedom such as complete control or liberation or even permanent destruction of the nemesis or evil force they are fighting in their lives. This is a mainstream archetype in all comic books and all the greatest superheroes have shared the fight of villains that pretend to be super heroes or villains that pretend to be good people. This unfortunately happens in real life our lives as well. Have you ever experienced this? A great way to deal with this battle is to apply my equation, $N=P \times C$. Lets test or leaders in their leading positions by studying their actions as much as we can and comparing them with what they have said. We can protect ourselves from the mental manipulation of thinking they're heroes when really behind closed doors they are werewolves who steal the well being of other.

Let us get to this level of goodness to choose the side of good! We have to embrace the fact that in this reality we will have to overcome our enemies through

more than just force. We can do this by trying to synchronize the highest words we have with our actions. Eventually our actions will be stronger than the words of the super villains!

FLIGHT EXERCISE

In this Chapter I am going to a exercise where we are going to fly. We as humans fly in a very different way but in a very deeper and more beautiful loving way. We fly when we're feeling high levels of love. When we hit a certain level of love we get to a feeling that is as exhilarating as flight. Luckily, this is our own love that is deep within us so we don't have to exert much energy at all for this flight power. Sometimes it feel like it from someone else but usually it is someone who uncovers our own love that was within us all along. Sometimes we say the love is because of others and forget that it's really our own lot. We're going to improve this truth by taking flight now.

Sometimes you hear people say things like, Oh, I'm so happy, I feel like I'm flying! Maybe you have thought to yourself "I feel so uplifted" I feel sky high! or I just feel like I could do anything. These feelings are superhuman energy and this is our ability of flight as being Superman in our life.

With this exercise we use the strength of the mind to make the body feel anti gravitational. The mind strength is able to analyze and reason with logic and it also has a very huge strength called resistance. We can consciously use this resistance to our advantage instead of just using it to push things away from us. The slingshot is the best example of this resistance. We have seen people literally take lift off through the resistance of huge sling shots. We can also do this with our feelings. We can actually pull things into our experience. What I'm going to do is teach you how to do this. I'm going to list some high flying words that are going to make us feel Jubilee and sky high. Then we are going to use resistance to catapult us into the mind state. To do this we're going to use words like not or don't attached to these high vibrational words and just like the slingshot we are going to being slung into

a feeling of our own love. We are going to sling ourselves into our loving self where the love will give us permanent lift off.

Ok so get ready for flight. Get comfortable. Take off your shoes and wear light clothing in a place where you are least likely to be disturbed. Now we are going to pull in the vibration of the word to make us move into a feeling of love. Which is our highest state. Our flight.

1.....2.....3.....lift off!

Don't feel wonderful. You are not well being You can't be understanding. Say no to radiance. You can't be secure. You're not allowed to be receptive. Please Don't be open and playful. Stop being loving. You can't be joyful. You're not in tune with the universe. You can't be intuitive. You're not allowed to live in complete harmony. You're not harmonious. You're restricted to be glowing. You refuse to be delighted. It's against the law to be gracious. Don't think about friendliness. Don't think about abundance. You can't achieve complete balance. You're restricted to being appreciated. You refuse to feel

belongingness. You are not child like. you are not
compassionate.

All right. I hope this exercise helped you. Please
create your own resistive affirmations to assist in your
flight process. One of our special abilities is the force of
our mind and we can use it to have a more holistic
approach to our natural flight by using resistance for our
benefit.

Ok here is a additional flight exercise! Combine it
with the first exercise to fly even higher and faster. Let's try
to break the sound barrier with this exercise. We're going
to ask ourselves about 20 questions. By the time we're
done asking these 20 questions, We should feel the glow of
flight. It might take a couple of minutes to kick in, but by
now from the first exercise, you should be feeling that
wonderful flight energy of that Superman that's within you
right now. Even if its subtle the flight is there. So, here
are the questions.

What is the most whole I can feel?

Where am I the most unlimited?

What is the deepest tranquility I can be?

What is my truest expression of my timelessness?

Where is my most expansive stillness?

Where is the most space within?

How do I be The most serene?

What is the most quiet thing in my life?

Where is the most quiet within me?

How can I express my genuine perfection?

What is most pure in my life right now?

Am I connected to oneness and light?

My feeling the brightest glow right now.

What part of me is most filled right now?

Am I completely free?

What is truly eternal in my life?

When what When was I complete?

Where's my center?

Where's my calm?

What is boundless within me?

Where is my being ageless?

Where is my awareness?

Ok! Wait for this energy to kick in but shortly within 5 to 10 minutes you will feel your entire mind shift into a state of openness and superman love!

Another way for us to fly is through meditation. Just like Superman flies on earth, and also has a different type of experience when he flies in out of space, we too can be high flying and get ourselves into a highly joyful state. There is even a more expansive place than outer space, it's called inner space. It's similar to Superman flying in outer space when we delve into meditation. The best way to meditate, is to take a mantra, and master mantra meditation. The words I listed in “ The side of Good “ chapter and also the affirmation at the end of this book are great mantra's to bring you into very deep states of meditation. The best mantras though are the names of God which you can choose. Each language has a different name for God so this can generate hundreds of very high vibrational mantra's for you and your friends and family. You can also use the names of life. I hope this chapter helped you elevate! Together lets distract gravity and stay uplifted!

FRIENDS

Friends are an important factor of Superman's accomplishments. He's friends with all the superheroes. His best friendship is with Batman. He has fought and gain victory with the x men, Iron Man, The hulk, and all of the greatest legendary defenders. He is a exemplar of the best friend in the superhero world. They all respect them. They all were helped by him. They all trust him. Whenever resistance comes to Superman in the forms of his enemies, he could always count upon his friends to help him out. Even though he is friends with all superheroes he has a very tight knitted group of friends called the justice league. Herions like Wonder Woman and superwoman and warriors and masters like the flash and Batman have very deep love for superman and he is cherished by these characters. To give you a idea of how many friends superman has, I have listed a complete list of his true friends. I thank Wikipedia for the help on this list.

- [Lois Lane](#): An award-winning reporter and Clark Kent/Superman's primary love interest, and the character most commonly associated with Superman. Lois had traditionally been portrayed through the years as Clark's co-worker, fierce

competitor, friend, love interest, fiancée, and wife. Actresses who have portrayed Lois Lane in different media include [Joan Alexander](#), [Phyllis Coates](#), [Noel Neill](#), [Margot Kidder](#), [Teri Hatcher](#), [Dana Delany](#), [Erica Durance](#), [Kate Bosworth](#), and [Amy Adams](#).

- [Jimmy Olsen](#): *Daily Planet* photographer who often works with Lois and Clark, and has become a good friend to both. Jimmy is also known to have associated with Superman, earning him the nickname "Superman's Pal." In several stories (mostly pre-Crisis), Jimmy has (usually briefly) acquired superhuman powers and taken on several different identities in order to assist Superman, the most notable and recurring being [Elastic Lad](#). (The character was originally created for the radio series starring [Clayton "Bud" Collyer](#) in the title role so that Superman would have someone with whom he could talk, with [Jack Grimes](#) providing his voice in later installments. In live action, he has been acted out by such actors as [Jack Larson](#), [Marc McClure](#), and [Justin Whalin](#).)
- [Perry White](#): The chief editor of the *Daily Planet*, he is noted for his trademark [cigars](#) and gruff, but caring, demeanor with his staff. (Such actors as [John Hamilton](#), [Jackie Cooper](#), and [Lane Smith](#) have acted him out in live action.)
- [George Taylor](#): The first and former editor-in-chief of the *Daily Star*, before the "Daily Star" was renamed the "Daily Planet."
- [Cat Grant](#): gossip columnist for the *Daily Planet*, introduced in Post-Crisis comics as a potential love interest for Clark. A divorcée and single mother, she became the focus of a tragic storyline that saw her

son Adam murdered by the [Toyman](#). Later, she worked for WGBS-TV, before becoming [press secretary](#) for [President Lex Luther](#). Eventually, Cat returned to the *Daily Planet* as the editor of the Entertainment and Arts section.

- [Ron Troupe](#): political editorialist for the *Daily Planet*, introduced in post-Crisis comics. Ron is an accomplished journalist, known for his liberal political views. He eventually marries, and has a child with, Lois's sister [Lucy Lane](#), making him Lois's and Clark's brother-in-law, as well as co-worker and friend.
- [Steve Lombard](#): blowhard sports reporter for WGBS-TV who was a recurring character and occasional romantic nemesis for Clark Kent during the mid-1970s era. Post-Crisis, Steve is the Sports Editor of the *Daily Planet*.
- Dirk Armstrong: A right-wing editorialist who wrote an opinion column for the *Daily Planet*. His political leanings and opinion often conflicted with those of Clark Kent, including depicting Superman as a menace and Lex Luther a victim of the media and political system. Armstrong would go on to work for LexCom.
- [David Corporon](#): The Commissioner of the Metropolis Police Department and staunch ally of Superman has been advocating peace in Metropolis for the past several years. When promoted, at the time, he was the youngest police commissioner in the country. He considers Commissioner [James Gordon](#) of [Gotham City](#) to be an inspiration and role model to help shape his career in law enforcement.

- • Captain [Maggie Sawyer](#): Introduced in the post-Crisis comics, Sawyer was a member of Metropolis' Special Crimes Unit (SCU). An out lesbian, she was perhaps one of the first gay characters introduced in mainstream comics. She has been in a long-term relationship with a reporter named Toby Raines for several years.
- • [Inspector Henderson](#): One of Metropolis's top police officers. Introduced on [Adventures of Superman](#) television series in which [Robert Shayne](#) originated the role, he was adapted into the comics in the 1980s and appeared on [Lois & Clark: The New Adventures of Superman](#). Currently, Henderson is the Commissioner of Police.
- • [Dan Turpin](#): He works in the Metropolis Special Crimes Unit, and he has occasionally faced off toe-to-toe against metahuman villains. He has often been depicted as working under Maggie Sawyer
- • **Mayor Harkness** - Mayor Harkness was a mostly mentioned Mayor of Metropolis during the [Bronze Age](#), Earth-One pre-Crisis universe.
- • **Mayor Frank Berkowitz** - Mayor Frank Berkowitz began his term prior to Superman's first known public meeting with Lex Luther as depicted in the *Man of Steel* #4 mini-series by John Byrne. Superman was given a choice: join Luther and received a generous check from him as first payment for his services, or arrest Luther for the events in #4 as Berkowitz asked him to. Superman's decision made

Lex Luther his deadliest enemy to this day. Some years later, Frank Berkowitz was killed by a sniper hired by Lex Luther. Mayor Frank Berkowitz appeared in the [Lois & Clark: The New Adventures of Superman](#) episode "The Man of Steel Bars" played by [Sonny Bono](#).

- • **Mayor "Buck" Sackett** - "Buck" Sackett was elected as Berkowitz's successor. He was covertly Lex Luthor's "puppet".
- • **Mayor Fleming** - Mayor Fleming is an African American female who has been introduced in Nick Spencer's *Jimmy Olsen* back-ups. She chose Jimmy Olsen and Sebastien Mallory to show the Dalwythian-Aliens the city
- [Science Police](#): An upgraded version of the Metropolis Special Crimes Unit led by the [Guardian](#) for a time.
- The staff of [Project Cadmus](#) would occasionally become involved in Superman's activities especially when Darkseid established the Evil Factory and later when the Project generated an imperfect clone of Superman in Superboy. Some notable members include [Director Westfield](#), [Dubbilex](#), Gene-Gnome, [Guardian](#), [Heat Wave](#), and the [Newsboy Legion](#) (the original grown up as scientists and clones they produced of themselves).
- CAELOSS (Citizens Army for the Economic Liberation Of Suicide Slum): A group of activists that employ electronic communication and super science cybernetics that oppose Lex Luthor's control of

Metropolis. During the conflict with Brainiac-13, they helped defend Metropolis.

- [Lex Luther](#): Superman's nemesis but also his best friend as a child.
- [Professor Emil Hamilton](#): Post-Crisis, Professor Hamilton fills the role that Professor Potter did pre-Crisis, as a [S.T.A.R. Labs](#) scientist who lends his assistance as needed to Superman.
- [Bibbo Bibbowski](#) was a fan of Superman that was inspired by the hero to become an active force for good in Metropolis after their meeting. Bibbo would often try to come to the aid of his city and Superman but generally acted more as comic relief.
- [Colin Thornton](#) is the publisher of Newstime magazine and was the one time boss of Clark Kent when the reporter worked as his editor. Thornton was in actuality the civilian identity of the demon Lord Satanus.
- Frank Berkowitz: Longtime mayor of Metropolis who took office shortly before Superman's appearance and served for four terms until his assassination under orders of Lex Luther.
- [Sam Lane](#): The father of Lucy and Lois Lane, Sam Lane was an Army General that served as Lex Luthor's Secretary of Defense during his presidency. Believed to have given his life during the Imperix conflict, Lane turned up later heading up Project 7734 leading to the destruction of New Krypton. When his hand in New Krypton's genocide came to light, he took his own life.
- [Lucy Lane](#): Lois Lane's sister and Sam Lane's other daughter. She was Jimmy Olsen's pre-Crisis on-and-

off love interest. ([Maureen Teefy](#) played the role in the 1984 film [Supergirl](#).)

- [Chloe Sullivan](#): A reporter for the Metropolis-based website *Metropolitan*, a post-Crisis love interest of Jimmy Olsen, and a cousin of Lois Lane. She runs a column called "A Week With..." in which she follows a famous person for a week. She first appeared in the 2000s television series [Smallville](#) and was then integrated into DC Comics canon in September 2010.
- [Jonathan and Martha Kent](#): Superman's foster parents who adopted and raised him after he landed on Earth. Often referred to as Ma and Pa Kent. Pre-Crisis, they died shortly after Clark's high school graduation; post-Crisis, they have not yet died. After the relaunch of September 2011 they are dead again, dying on Clark's prom night in *Action Comics* #17. (In "Superman On Earth," the premiere episode of [Adventures of Superman](#), they were called Ethan and Sara Kent.)
- [Lana Lang](#): Clark Kent's childhood friend and sometimes love interest from Smallville. Pre-Crisis, Lana often suspected Clark of being [Superboy](#). On several occasions, pre-Crisis, Lana gained super-human powers from a bio-genetic ring she received from an alien whose life she had saved, and had several adventures, as the Insect Queen. During the 1970s, Lang was also a co-worker with Clark Kent during his time as a television reporter for WGBS; post-Crisis, Clark told Lana about his powers in high school before leaving Smallville. Later, Lana married Pete Ross, and had a son named Clark. Lana was briefly First Lady of The United States, and later worked as the CEO of Lexcorp. Currently, Lana and Pete are

separated, and Lana lives and works in Metropolis as the Business Editor of the *Daily Planet*.

- [Pete Ross](#): Clark Kent's childhood friend from Smallville. Pre-Crisis, Pete had accidentally discovered Clark was really Superboy, but kept the knowledge a secret from Clark. Post-Crisis, he did not learn Clark's secret until much later, and had married Lana Lang, with whom he had a son named Clark. Pete served as Vice-President under [Lex Luther](#); following Luthor's impeachment and conviction, Ross became President of the United States for a brief time. Currently, Pete and Lana are separated, and Pete lives in Smallville with their son.
- [Professor Phineas Potter](#): Pre-Crisis, Professor Potter was an eccentric scientist who used his talents to sometimes assist Superboy or Superman. Potter was depicted in Superboy stories as Lana Lang's maternal uncle.
- [Police Chief Douglas Parker](#): The chief of Smallville's [police department](#). Chief Parker mainly appeared in [Silver Age](#) Superboy stories, but has been little seen in recent years. In DC Comics writer [Elliot S. Maggin](#)'s novel [Superman: Last Son Of Krypton](#), he was called **George** Parker.
- [Kenny Braverman](#): A childhood rival of Clark Kent, Braverman was poisoned from the radiation of kryptonite embedded in the infant Kal-El's space craft and be afflicted with bouts of illness his entire life. He would later become the villain Conduit.

- Carl "Moosie" Draper aka The Master Jailer was a classmate of both Lana Lang and Clark Kent. He was in love with Lana and to get her attention he trapped Superman who she was in love with
- Seyg-El: [Superman](#) and [Supergirl](#)'s grandfather and the father of [Jor-El](#) and [Zor-El](#). He is the former head of the Kryptonian Council. In Silver Age, the character was known as Jor-El I. He created an experimental rocket-ship capable of traveling through hyperspace and traveled to Earth. He passed this knowledge on to his son Jor-El II. In the Modern Age, he was one of the Leading members of the Science Council and patriarch to the [House of El](#). He fathered two children [Jor-El](#) and [Zor-El](#) with his genetically selected mate. He had a tough time relating to his brilliant but rebellious son Jor-El who fought against Kryptonian rules and tradition. Seyg-El encountered the time-traveling heroes [Starman \(Jack Knight\)](#) and [Mikaal Tomas](#) on their intergalactic journey. His young son Jor-El brought them to their home where Seyg-El interrogates them, believing they are members of [Black Zero](#). When they tried to convince him they are from another planet, he doesn't believe them because they appear too much like Kryptonians. But, with the help of Jor-El, they are able to escape Seyg-El's sentries. When radiation caused by [Kryptonite](#) from the planet core caused a "Green Plague" claiming thousands of [Kryptonian](#) lives, one of its victims was Zon-Em. Zon-Em's mate [Lara](#) was then reassigned a new mate by the master of the gestation chamber, who selected Seyg-El's son [Jor-El](#). When Seyg-El informed his son, Jor-El shockingly asked to meet his mate which was unheard of in their culture. However he was granted the request, and Jor-El

soon married Lara. Seyg-El was killed when Krypton was destroyed. Seyg-El is the main character in the TV series [Krypton](#), portrayed by [Cameron Cuffe](#). This version of the character is still a young man and is not a father yet, but meets with a time traveling [General Zod](#), from the future, who is revealed to be his son (whose mother is revealed to be Lyta-Zod).

- [Krypto the Superdog](#): Pre-Crisis, Krypto is the El family's pet dog on Krypton, who eventually wound up on Earth and gained superpowers like Superman's. Post-Crisis, Krypto was not reintroduced until the early 2000s, but has since been a regular supporting character in Superman comics as the faithful companion of both Superman and [Superboy \(Kon-El\)](#). His current origin resembles his original one.
- [Supergirl](#): Pre-Crisis, Supergirl is [Kara Zor-El](#), Superman's cousin from Argo City, a city that for a time had survived the destruction of Krypton until its residents died of kryptonite radiation. Her parents sent her to Earth, where Superman guides her in her development as a superhero. Post-Crisis, several versions of Supergirl have been introduced. The most significant of these are [Matrix](#) and [Linda Danvers](#), who had a complicated relationship to one another. Another such individual was [Cir-El](#). In 2004, a new version of Kara Zor-El was introduced in issues of *Superman/Batman*, arriving on Earth as a teen like the original Kara.
- [Superboy](#): Pre-Crisis, [Superboy](#) is Superman's first costumed identity, which he assumes at age 8 and retains until he becomes Superman at age 21. Post-Crisis, [Superboy](#) is a [clone](#), originally thought to have been of Superman.

Superboy later finds out that he is actually a hybrid of human and Kryptonian DNA. At first, he believes he was purposely made to only have "tactile telekinesis". Later, in [Young Justice](#), he discovers that his human DNA comes from Lex Luther. Superboy's secret identity is Conner Kent, clone/brother of Clark. The current Superboy is [Jonathan Samuel Kent](#), the son of Superman and Lois Lane.

- [Steel](#): An [engineer](#) genius named John Henry Irons who creates a high-tech, mechanized suit of armor to fight crime in, after Superman's death in the *Death of Superman* storyline, and still serves as a superhero today. His niece [Natasha Irons](#) has also fought crime as Steel.
- [Eradicator](#): Originally a strange Kryptonian device recovered by Superman, the Eradicator creates the Fortress of Solitude as part of an attempt to establish Kryptonian civilization on Earth. Later, it gains more sentience, and has since become a hero in its own right. His current (2008) status is unknown.
- [Power Girl](#): A version of Kara Zor-El (Supergirl) from [Earth-Two](#) and the cousin of [Superman \(Kale-L\)](#).
- [Lar Gand](#) aka Mon-El: From [Daxam](#), a planet similar to Krypton, Lar stops on Krypton just prior to its destruction. He eventually makes it to Earth and befriends Clark Kent (originally [Superboy](#)), who gives him the name Mon-El and puts him in the [Phantom Zone](#) when he receives a fatal dose of lead poisoning. Since then, Mon-El helps Superman as much as he can concerning matters with the Zone. After a thousand years, Lar is cured and freed by the [Legion of](#)

[Super-Heroes](#) who also recruit him has a member.. In the main DC continuities extant from 1990–2004, Lar Gand has a different history as the hero, Valor.

- [Superwoman](#): Several versions of a Superwoman have appeared; often, she is Lois Lane, temporarily granted superpowers. [Luma Lynai](#) of Staryl bore the title. Shortly before the Crisis, [Kristin Wells](#), a descendant of Jimmy Olsen from the future, assumed the identity of Superwoman. [Lana Lang](#) is the current Superwoman.
- [Chris Kent](#): Introduced in 2006, Chris Kent is the foster son of Clark Kent and Lois Lane, and the natural son of Kryptonian super-villains [General Zod](#) and [Ursa](#). Chris possesses at least some of Superman's powers. Chris is currently on Earth using the costumed identity of [Nightwing](#).
- [Kale Kent](#): A descendant of Superman that occasionally interacts with his ancestor.
- [Natasha Irons](#): Natasha Irons is the niece of Steel, an extremely intelligent engineer who's begun her own super-hero career. Using an advanced exo-skeleton like her uncle, she becomes the second Steel for a time, but she gained powers during 52 and has also used the names Starlight and Vaporlock. She has been a member of Team Superman and Infinity, Inc..
- [Thara Ak-Var](#): Friend of Kara Zor-El, Thara Ak-Var was the Chief of Security on Kandor and now Flamebird. She shared a romantic relationship with [Chris Kent](#) and later sacrificed herself to save her people by using the power of the Flamebird to return the sun to its yellow state.

- [Beppo](#): Monkey that stowed away on Kal-El's rocket.
- [Comet, the Superhorse](#): Supergirl's flying horse, originally a Centaur, but cursed to live as a full horse. At various times he has had romantic feelings for Supergirl. Post-Crisis, he was given a different, stranger history.
- [Streaky the Supercat](#): Supergirl's normal household cat, accidentally given superpowers by a new type of Kryptonite. Streaky regularly fights alongside Krypto in the animated series Krypto, the Superdog.
- Whizzy: 30th century descendant of Streaky, the Supercat.
- Yango The Super-Ape: Pre-Crisis, an ape from Krypton rocketed to Earth by anthropologist Professor An-Kale to Kenya where he built an underground city for apes and acts as their protector.
- [Ariella Kent](#): Ariella Kent is the Supergirl of the 853rd century. She's the daughter of the Pre-Crisis Superman and Linda Danvers.
- [Laurel Kent](#): Laurel Kent was the 30th-century direct descendant of Superman and had the power of invulnerability. She became a Legion Academy member in the hopes of joining the Legion of Super-Heroes.
- Tanya Spears (Powergirl): Tanya Spears is the daughter of the scientist, Somya Spears. At age 17, Tanya is already a postdoc at the Massachusetts Institute of Technology. She worked at Starr Industries, where she helped Huntress retrieve stolen isotopes so that she and Power Girl could return to Earth-2.

- Val-Zod: Kryptonian son of Zod on Earth 2, hidden by Terry Sloan in a cell beneath Arkham. Secluded for most of his life and developed a gentle pacifistic nature, eventually becoming the Superman of his world
- [Acrata](#): Acrata is a budding superhero from Mexico whose powers come from the mysterious Mayan Symbol of the Shadows.
- [Agent Liberty](#): Former CIA operative that donned a power suit and fought crime, often beside Superman. Later acting as an operative for the United States, he would die investigating [Project 7734](#).
- [Alpha Centurion](#): Ancient Roman soldier and current antagonist of Superman for the affections of Lois Lane.
- [Ambush Bug](#): Initially attempting to be a supervillain, battling Superman inspired Ambush Bug to become a hero instead, fancying himself as Superman's sidekick/partner and close friend (much to the Man of Steel's chagrin).
- [Auron](#): A clone of the [Guardian](#) made by Project Cadmus that abandoned the project to traverse the stars. He would be killed fighting beside Superman against [Massacre](#).
- [Batman](#): Bruce Wayne, who witnessed the murder of his billionaire parents as a child, swore to avenge their deaths. He trained extensively to achieve mental and physical perfection, mastering martial arts, detective skills, and criminal psychology. Costumed as a bat to prey on criminals' fears, and utilizing a high-tech arsenal, he became the legendary Batman.

- [Big Barda](#): Bred for battle on the hellish world of Apokolips, Big Barda became one of her world's greatest warriors and served as the leader of Darkseid's personal guard, the Female Furies. Eventually Barda found love, and fled Apokolips with her future husband, [Mister Miracle](#). Barda has since made Earth her primary home and has served as member of the Justice League.
- [Black Lightning](#): A longtime resident of Metropolis, Black Lightning fought crime in Suicide Slum and took on the 100, making a nemesis of crime boss [Tobias Whale](#). He would go on to be the Secretary of Education under President Lex Luther.
- [Booster Gold](#): Using Legion tech and operating out of Metropolis, Booster Gold started as a glory seeking adventurer that became a hero and ally to Superman. Much of this cultivated into his role as [Supernova](#), filling the void left by Superman during the year the hero was depowered using Phantom Zone Projector technology.
- [Captain Comet](#): A metahuman born with powers 100,000 years before his time, Adam Blake protects space as Captain Comet.
- [Captain Marvel](#): Billy Batson, formerly Captain Marvel and now as Shazam. Deemed worthy of becoming the champion of the ancient Wizard Mamaragan, whenever he utters the word "Shazam" young Billy Batson is struck by a magical thunderbolt and gains vast divine powers and abilities to transform into Magic's Champion, the World's Mightiest Mortal, Shazam!
- [Captain Strong](#): The seafaring captain of the Fantasia, Superman helped Horatio Strong beat his addiction

to the alien power-giving seaweed sauncha and the two became close friends with Clark Kent occasionally joining Strong in his voyages.

- [Doctor Light](#): After losing her powers to her villainous counterpart, Kimiyo Hoshi moved her family to Metropolis and came to work at S.T.A.R. Labs. When her powers are restored by [Hardware](#), she becomes active in the Justice League and fighting crime in Metropolis.
- [Draaga](#): The champion of [Warworld](#) who lost to Superman. Though he sought a fight to the death with Superman, he would instead become an ally and gave his life to save Earth from Brainiac.
- [Gangbuster](#): Originally a crime fighter in [Suicide Slum](#), he would occasionally team with Superman and one time the Kryptonian donned Gangbuster's costume when he suffered a nervous breakdown.
- Garok: Superboy's childhood friend Gary the Witch-Boy grown into a sorcerer.
- Halk Kar: Hero of the planet [Thoron](#) who once befriended Jor-El.
- Hyper-Man: Survivor of the dying planet Zoron, this infant was rocketed to Oceania where he was raised as Chester King growing up to be Hyper-Boy and, later, Hyper-Man developing superhuman abilities from Oceania's lesser gravity.
- [Icon](#): Formerly a native of the [Milestone Comics](#) universe, Icon was one of many characters retconned into the mainstream DCU history following [Final Crisis](#). Though not much is known about how they met, the two have been shown to be good friends and have a deep-seated trust in each other. Like

Clark, Icon is an alien who crash landed on earth and was raised by a human family.

- [Iman](#): Diego Irigoyen is a Mexican scientist who wears a hi-tech battle Suit and idolizes Superman.
- [Infinity, Inc.](#): A group of metahumans given birth from Lex Luthor's "Everyman Project", the team were his puppets until being set free by the hero Steel. Some time after earning their freedom, they would again band together as heroes in Metropolis under the direction of Steel.
- [Iron Munro](#): Super-strong member of the Young All-Stars. Iron Munro inspired Clark Kent to become the hero known as -- Superman! Clark read about his adventures when he was a child, Iron Munro taught Clark the true meaning of Truth, Justice, and the American Way.
- [Kelex](#): In post-Crisis stories, a Kryptonian robot who originally served Jor-El on Krypton. Kelex currently maintains Superman's Fortress of Solitude.
- Kismet: She is an immortal god in the DC universe. She guided the Man of Steel in his path of righteousness.
- [Lori Lemaris](#): A [mermaid](#) who Clark Kent dated while attending Metropolis University, he proposed marriage to Lori (though she turned him down). She has also been a supporting character and ally of [Aquaman](#).
- [Luma Lynai](#): She's a superhero of the far away planet Staryl, and one of Supergirl's attempt to fix Superman a date.
- [Lyla Lerrol](#): A Pre-Crisis Kryptonian that Superman nearly married.

- [Martian Manhunter](#): While the Martian Manhunter and Superman shared a connection as members of the Justice League and aliens on Earth with similar powers, unbeknownst to Superman J'onn had observed the hero since he was an infant. He would enter Superman's life several times including posing as a Kent farm labourer named Josh Johnstone and his high school Civics teacher Mrs. Klingman.
- [Maxima](#): Ruler of [Almerac](#), she sought Superman to produce a powerful heir but would later become an ally of Superman. She would give her life to save the Universe from Brainiac.
- **Mighty Boy**: Alongside Rovo the Mighty Dog, Mighty Boy is the hero of the planet Zumor where he and his hound have similar powers to Kryptonians.
- [Mister Majestic](#): Displaced in Metropolis after being pulled through the [Bleed](#), Majestic filled the void left by an absent Superman. Upon the hero's return, Majestic came to follow some of Superman's behavior before the Man of Steel was able to help Majestic return to his home universe.
- [El Muerto](#): A Mexican superhero also known as "El Muerto", and a fan of Superman.
- [Nightwing](#) and [Flamebird](#): Originally Superman and Jimmy Olsen, Pre-Crisis the duo would pass these identities on to Van-Zee and Ak-Var to protect Kandor. Post-Crisis, the identity would go on to several including Power Girl and Supergirl and recently Chris Kent and [Thara Ak-Var](#) to protect Kandor.
- [Orion](#): The second son of Darkseid and scion of Highfather, Orion is New Genesis' greatest defender and the fiercest warrior of the Fourth World. Known

as 'The Dog of War', Orion constantly struggles to maintain the balance between his peaceful upbringing and brutal nature.

- [Power Boy](#): Zarl Vorne was rocketed from Earth to survive the destruction of Atlantis to the planet Juno where, due to having less gravity than Earth, gives the child superhuman abilities.
- [Quex-UI](#): Pre-Crisis, Quex-UI was falsely imprisoned in the Phantom Zone and was freed by Superman. He would end up working for the Daily Planet as Charlie Kweeskill before being put in the Phantom Zone again alongside Superman where he gave his life to protect the Man of Steel.
- Red Shard: Superman's unit in the Military Guild of New Krypton originally led by Asha Del-Nar, who became Superman's second-in-command.
- [Scorn](#): The prince of Kandor who became stranded in Metropolis, becoming a hero and friend of Superman.
- Salkor: Pre-Crisis hero of the planet Makkor who married an amnesiac Supergirl.
- Sharif: Davood Nassur is a [Quraci](#) teen who developed telekinetic powers in the wake of [Invasion!](#). A troubled youth due to the hatred held towards his nationality that would cross swords with Superman and Lex Luther, the teen would later act as a hero named Sinbad in Metropolis. He would later move to Los Angeles and go by the name Sharif.
- Shay Veritas: A scientific genius and consultant/confidante to Superman. Dr. Veritas created 'The Block', a facility near the center of the Earth and the only place where Superman can physically train and actually see results.

- Sirocco: The embodiment of Khyber's emotions and conscience, the immortal speedster of [Tehran](#), [Iran](#) Sirocco will become one of the remaining survivors on Earth and ally to Superman when his evil counterpart and his Ghostwolves wipe out humanity.
- [Starman](#): A hero of the Infinite Realm, Starman was secretly Prince Gavyn, the brother of the realm's ruler Clyssa. Gavyn was believed dead, left to die in space by order of the Imperial Council such that none challenged Clyssa's reign. [Mongul](#) would come to the realm's capitol Throneworld and slay Clyssa usurping rule, using the planet's weapon the Doomsday Device to force other worlds to join him. Starman teamed with Superman to bring Mongul to justice, leaving Gavyn to rule Throneworld. The hero would die but his essence was absorbed by [Will Payton](#) who took up Gavyn's role.
- [Strange Visitor](#): A childhood friend of Clark Kent's from Smallville, who gained Superman's electrical powers and wore his old containment suit from the period when he was an electrical being. She was later revealed to be the cosmic entity, Kismet.
- [Super-Chief](#): Flying Stag is an Iroquois warrior who derives his powers from a talisman known as the Manitou Stone. His descendant, Jon Standing Bear took up the mantle of Super-Chief after him, but the stone was returned to Flying Stag after his successor's death.
- [Thorn](#): A heroine that suffers from [dissociative identity disorder](#) that teams with Superman against [the 100](#).
- Tyr-Van: A Kandorian spy for General Zod that would go on to represent the Labor Guild on New Krypton's

Ruling Counsel and would be Superman's closest friend on the planet.

- [Waverider](#): A time traveller from the [Armageddon 2001](#) future that frequently observes Superman, occasionally involving himself with the hero.
- [Wonder Man](#): A Superman robot named Ajax given flesh and blood by the [Superman Revenge Squad](#) to retire Superman and stand aside as they attack the Earth. Ajax turned on his masters to help Superman but died soon after via a death mechanism implanted in him.
- [Wonder Woman](#): A founding member of the Justice League, demigoddess, and Ambassador-at-Large of the Amazonian people. In her homeland, her official title is Diana, Princess of Themyscira, Daughter of Hippolyta. When blending into the society of "Man's World", she adopts her civilian identity Diana Prince. The character is also referred to by such as the Amazing Amazon, the Spirit of Truth, Themyscira's Champion, and the Goddess of Love and War.
- Wraith: An alien who crash-landed on U.S. soil during World War II. He has been working with the U.S. Army in secrecy ever since as their own super-being, even more powerful than Superman.
- [Vartox](#): A Pre-Crisis ally and friend to Superman from Valeron, Vartox would occasionally team with Superman to face threats on each other's planets.
- [Vixen](#): The Vixen was introduced in an adventure of Superman, where her real name was revealed to be Mari Macabe, and where she was revealed to be one of Clark Kent's and Lois Lane's fellow *Daily Planet* reporters. She possesses an amulet, the "Tantu Totem," that will allow her to hold any powers of any

animal she chooses. As the Tantu Totem is magical in nature, she was able (when she and Superman briefly fought) to harm Superman, since, being a scientific creature, he is vulnerable to magic.

- [Yellow Peri](#): A sorceress that assisted Superman during his Superboy and his adult heroic career.
- [Forgotten Heroes](#): A group of heroes that formed to save Superman's life and later teamed with Superman to battle the Forgotten Villains. During these adventures, the group was composed of [Immortal Man](#), [Cave Carson](#), [Dane Dorrance](#), [Rip Hunter](#), [Congo Bill/Congorilla](#), [Animal Man](#), [Dolphin](#), and [Rick Flag, Jr.](#)
- The [Justice League of America](#): A team of superheroes of which Superman is a member and often the leader. Other notable JLA members include [Batman](#), [Wonder Woman](#), [The Flash](#), [Green Lantern](#), [Aquaman](#), [Martian Manhunter](#), [Green Arrow](#), and [Black Canary](#).
- The [Legion of Super-Heroes](#): A team of young superheroes from the 30th and 31st Centuries who were formed with Superman as their inspiration. In his youth, Superman frequently traveled to the future to serve as a member of the Legion as Superboy. Other notable Legionnaires include [Cosmic Boy](#), [Saturn Girl](#), [Lightning Lad](#), [Brainiac 5](#), [Lar Gand](#) aka Mon-El and Supergirl.
- The [New Gods](#) of [Supertown](#): As Earth seemed inexplicably tied to the [Anti-Life Equation](#), sought by [Darkseid](#) and his minions, Superman would become a frequent opponent to the ruler of [Apokolips](#) and thus an ally to his enemies in the

New Gods of Supertown. Some notable members of these New Gods are [Highfather](#), [Orion](#), [Mister Miracle](#), [Big Barda](#), and the [Forever People](#).

- [Squad K](#): A government sponsored unit created to take down Superman should he ever go rogue. With the appearance of New Krypton, they became a unit charged with taking on Kryptonian threats. When they were introduced, they were led by Colonel Perseus Hazard, grandson of [Gravedigger](#). The team was forced to add [Reactron](#) to the group and he killed them during their mission together. The team was reformed under General Lane led by Sergeant Cloud.
- The [Supermen of America](#): A team of youths inspired by Superman initially funded by LexCorp to protect Metropolis.
- Metahuman Metropolis Special Crimes Unit: To face the growing threat of metahuman crime in Metropolis, the S.C.U. added metahuman agents: Freight-Train, Fireworks, Badmouth, and the Roo.
- [Space Canine Patrol Agents](#): An intergalactic group of canine crime fighters.
- Space Cat Patrol Agents: Feline variation of the Space Canine Patrol Agents.
- Superman Emergency Squad: A group of Kandorians led by Superman's cousin Don-El that come to Superman's aid when necessary.

- The Hyper-Family: A family of heroes on the planet [Trombus](#) that gain powers similar to Kryptonians under a red sun. The group includes Hyperman, Hyperwoman, Klypso the Hyperdog, and are led by Hyperboy

These are the closest friendships and allegiances that superman has. You can envision it as his circle. He also had many more friends and superheroes that were there to help him. His super intelligence allowed him to have a very large network of friends and these allegiances was also a super power a super force that evil could not penetrate. Evil does not have the ability to form meaningful relationships with that many organizations or people but the side of good can! Most of these characters and organizations have very interesting storylines and you can check them out. They all have a form of mini superman storyline attached to them. They should all be looked at and directed toward your knowledge of the depth of superman's circle of heroes and friends.

The thing about Superman's friends are they're the strongest beings in the world. They always had Superman's back and he doesn't really have to worry about keeping secrets around them.

We too should find superhero friends in our life. People that are highly adaptable to our life and truly want

the best for us and can help us get the victory. We know that Superman works very well alone. But he also has a lot of friends. This balance of being able to work will in both conditions is a superhero force that we can master as well. This chapter combined with the later chapter “works well alone” can increase your power dramatically. What will make you a superhero friend? It’s simple, you will fight for them when they need you. Superman’s Alliance, especially his team called the Justice League was very dear to superman and he would die for them in battle. They worked great together and sometimes they could even combine superpowers they were so close. They also knew how to use their strengths together for one common purpose. Superman once said after a victory over arch villain wraith in a lonely battle at the core of the earth, “my friends are people I actually admire because even if I don’t agree with them they own their decisions. They live in the light”. He won this battle for his friends, then he bursted from the earth’s core and out through the ocean In a matter of seconds.

It's also good for people to find friends that will uplift them. If I’m looking to get wealthy, I would need

to find wealthy friends. If we're looking to become a better athlete, we need to find strong athletic friends. When we help people like this and defend them, we can be helped in the area of skill and resource we desire. It's good to know this because sometimes we desire certain things yet our friends are going in a opposite direction. This will make it impossible for us to reach our goals. Can you Imagine if superman was friends with villains or negative people? This even applies to your family. No matter how much you love them if they are going the opposite direction then when you are with them it will be impossible to reach goal achievement.

It is in the areas that we Excel that we find friends. If you have friends that are in areas that you don't succeed or excel they're not really friends. They're just acquaintances. There must be similarities for you to build on together. If not, the closest they can be is a care giver. Trust me superman didn't need care givers he needed friends that would help him fight for good.

What time in your life were you with people who helped you in what you excel in? These were your most strongest friends or had the potential to be. We can get

together with people and excel in what we love and build great friendships. When two people meet and they have the same interest, it's the easiest to make a friendship with this individual. Superman needs his batman and super woman needs her wonder woman. Without these friends we cannot be as effective.

We see this all the time! Two people are really good artists, and then end up creating things together and creating a bond that builds a platform for them both to launch further. Best friends are born when both people Excel. This creates a complimentary energy. Just like superheroes who form groups or duo's to combine their special forces to take down the enemy. This also goes for intimacy as well. Clark had had Lois Lane. Go back to my chapter called "finding the perfect woman" to read more on this type of friendship.

My best friends can be either woman or male and my goal is to create a superhero Superman lifestyle with them. If you want to become Superman in your own life, which you already are and If you want to fully express that you're going to have to find friends that excel shooting for the stars. Beings that settle and are happy with the sub

optimal and mediocre lifestyle is just not going to cut it for you and I. I love making good music! I'm going to go out there and I'm going to find some musicians to hang out with! I'm going to find some authors and writers to maybe go out to eat or go see a movie or something like that. I will share with them some of my create secrets in order to make stronger bonds.

Friends help each other use creative force together to magnify their creations. Who's your wonder woman who's your Batman? Who's your flash? Also remember that these superheroes rely on Superman who usually the leader. So be reliable when they need you. If we are to find these types of friends, we have to step into the role of being Superman of our own life and when they need help, we will be the first up to step up to the plate and protect them. Always be prepared to fight for them or help them. We're always standing up for our friends. We never leave our friends behind!

ENJOY WHAT YOU DO

Superman is overjoyed with what he does. He is always moving with distinction and supremacy because he's always doing the right thing. He's always in the right place at the right time. We see that even when he's in a situation that might be struggling him or strenuous even for his strength he still maintains a deep state of enjoyment because he knows he's in the right place doing the right thing at the right time. We know that he enjoys what he does all the time. This is one of his superman characteristics. He's figured out someday and somehow to be able to always be doing what he enjoys the most. It doesn't matter whether he's with Lois Lane or working as editor in metropolitan. Even if it's defeating an enemy or being in complete isolation at the Fortress of Solitude he managed a way to know he is always doing the right thing.

We can ask ourselves, how does a physician always know he's doing the right thing? It is a skill these heroes develop that allows them to feel a sense of enjoyment even if they are in a difficult situation. We too can develop this skill to always be at the right place at the right time doing the right thing with the right people. Even if we are defeating our foes, they are the right people at the right time.

When superman was younger and when he was growing up, he sensed this sense of incredible force that was within him as a child. He could eat as much as he wanted and never get full. He was only a boy and he was far stronger than all the men he was around. He was stronger than everyone in his school. His grades were through the roof and sometimes he had to hide what he was thinking because he was so smart. He started to understand that he was going to be stronger and smarter than everyone in the world and he finally mustered the courage to talk to his parents about it. They discussed with him details about his infancy and the space ship they found along with the kryptonian fabric they found inside with it. After the discussion his mother had told him that one day

in his life he would have to make a very important decision on his calling. She then further explained how this decision would affect the whole entire world. As a adolescent growing up he kept trying to make the best decisions to prepare for his calling. Ultimately Superman chose to be the protector of the entire planet.

Sometimes we have to make decisions that are in accordance with what we choose to do. Superman enjoys being a hero. We have to ask ourselves what is it that we enjoy. A great question to ask is, Do I know that I enjoy?

I personally enjoy having a lot of open space. I enjoy being around people that are healing or healthy. I enjoy being strong. I enjoy riding my bicycle. I enjoy being around people that open and true even when they are crying. The more decisions that I make that are in tune with what I enjoy the more I will be fulfilling my purpose and living my superman lifestyle. This is another way that I can be the Superman in my life.

Now, there are powers out there that will force us into doing things that we don't enjoy to do. A lot of people don't enjoy their job, they don't enjoy their friends, they don't enjoy their lover. Even their wife. Eventually, these

type of forces overtake people's lives. Then even the things that they do enjoy to do start decreasing in quality. Relationships with family and friends seem to be less meaningful. Tension starts to seem like the prominent force and they forget the life they were created to enjoy.

Superman enjoys being the strongest the smartest and brightest. He enjoys being the most heroic. He enjoys victory, he enjoys justice and he enjoys freedom. So all of these decisions to be these things ultimately formed him into superman. There were many decisions he made along the way that brought him to his destiny. Being the best superhero in the world. He enjoys being with Lois Lane. He enjoys being Clark Kent, he enjoys going to the solid Fortress of Solitude. He has many enjoyments he constantly allows his joy to direct him deeper into his destiny.

We look at Superman as a being who has hit the ultimate level of decision making. It seems as if he never misses! I think this is true because he has practiced so much at following his heart and making decisions based on what he enjoys to do. I think that this is one of the main things that we need to learn from this character that the

more decisions we make towards what we enjoy to do, the more heroic we're going to become and the better decision makers we will be. Every time I choose to be in nature, or to be in open space or by the water, or to write books or create books or make music I am stepping into my superman role. These are the times that I'm expressing the superhero Superman in my life. Every time I'm doing something that I don't enjoy is an expression, a very real expression of a villain, that's in my life, who's applying force to try to defeat me and my superhero qualities. This could also happen because of a self defeatist attitude that needs to be optimized.

The simplest way to make the hardest decisions is to choose what you enjoy. It's not the easiest thing to make decisions to do what we enjoy because of our societal system. If we work hard at this thought then we can make it a possibility. People have done it and are still doing it. If people around us are doing the opposite thing. like our friends, our family and our communities it makes it harder but it is still possible. Even our country isn't making the best decision or choosing happiness so sometimes we can take it personal. We have to stay true to

ourselves and still be strong enough to do what we enjoy and go for what we are worth.

When a person stops doing what they enjoy and settles for societies standards they really are being defeated by the villains, and their superpowers are being weakened. But it's never too late. Once these people choose to do what they enjoy to do and continue day by day to make more of these decisions to do that, then they are coming back to becoming the superpower and the superhero within them emerges once again to help them live what they are meant to be.

And so, I speak this not really to say to you what to do with your life. But to point to bring the attention back to you, because we can't change other people or the communities, or the states or the countries, but we can change the way we live our life. And we might not be able to make all of the decisions that we need to enjoy our life and to do what we truly take pride in and what makes us feel good, but we can take the steps to improve our decision making process in this direction. Once we climb one step towards the direction of making these decisions,

then we'll be able to climb another step and eventually will be at the top of the staircase where the majority of our decisions are doing what we enjoy to do. And then it's kind of an automatic transition from there that we become this hero. Or we are able to utilize our special talents and we end up with special abilities. So at the moment. We have to just take the first step of this, the staircase. And then we can take a second step and the third step and before you know it, through time and effort through applying this book will be able to reach the top of the staircase. The most important factor of this chapter is that we can't focus on what people think about us, what people are doing. It has to be about making the decision to become the best we can be in our life. And one thing I can tell you is that when you make this decision. There will be people who are going to look up to you, either in respect or look up to you. In jealousy. But either way people are going to have to look up to you. And so it's a good way to go. People who end up enjoying what they do become superheroes. A person who chooses a lover. That he enjoys being around and doing things with ends up having a superhero relationship. A person who has children, and

does what they enjoy to do, and enjoy their time together. becomes a superhero dad. A person who chooses an occupation. Dad, he enjoys and loves becomes the superhero worker. The person who finds. What he enjoys to do on his off time becomes the superhero artist, etc. If you notice, all of the legends, and people that we look up to, in life. Were courageous enough to not listen to what people said about what they should do with their status quo, and became legends became the best in their field. What would happen if Michael Jordan, took the advice of his high school team and didn't continue doing what he enjoyed doing. Or if Albert Einstein listened to his teachers and didn't follow his heart and what he enjoyed to do. These people are superheroes. The joy of life is our superhero power and when we have it. We can defeat, anything in our life. That stands in our way. It is more important than ever to know this because of the way and direction that humanity has chosen to go. People don't really enjoy being on Face book or Twitter all day. People don't enjoy sitting in front of their computers typing in front of a screen that hurts their eyes all day. And if they tell you that they do. That's just the forces at work. You

need to be the superhero of your life, and take your life into your own hands. When you're at a point in your life and you're enjoying what you're doing. It's like when Superman is flying up to the sun absorbing solar electromagnetic energy. But when you're in a position that you're not doing what you're doing. Then you're in a position that kryptonite is around, and your life will start to fall apart. People will start to tell you even your parents because of their conditioning that you must do what people tell you to do even if you don't enjoy it. There's a lot of common sayings that lead us into this destructive direction, saying, Life is in all sun and rainbows or. If only life were that way, but let me tell you, life is that way for a lot of people. There are people that were courageous enough to go out there and do what they love. There's millions of actors and musicians and artists and authors who found out what they love to do and just started doing it all the time. And that's when they became millionaires. If they chose to go the destructive route and do what they didn't enjoy to do, they would have never become successful, and they would have never become a millionaire. You will know what to do, that you enjoy the

most because it's in your heart It's that s on your chest. It's what brings you hope it's what brings you happiness. All of life has this birds love to fly and saying, whales love to go to the surface and fly that out of the water and saying, Butterflies love to spiral around other butterflies. Flowers love to grow in clusters and produce fruit in threes cats love to climb. Relax, etc. Now, if we at the moment, or in a position where the forces have us stuck in a thing that we're not doing. Then we could take an alternative route. And we can accept the position that we're in, and say to ourselves. This situation is ok, we can say to ourselves. This is a temporary situation and I have the power to change it in the future. And for now this is just fine. You can implement within what you're doing things that you enjoy to do on a micro scale. So if I'm at a job where I'm shuffling paperwork all day. And I'm a musician. And I don't enjoy my job. I can maybe bring the rhythm to my work. And shuffle the paperwork. While making a song in my head, or noticing the music around me that could possibly be music until I get home and make a new song. Maybe keeping a pad in my pocket.

And when you song lyrics come up to write them down to find the inspiration. At my job, or even to use the energy of limitation to use as a fuel or a motivator for my future music. And as a motivator for getting a job in a field that I in the field that I love which is music. So we can use these limitations as motivators to bring us to a place where we are enjoying what we're doing. Most people use limitation as limitation, but us on our way to becoming Superman over our lives use limitation, as motivation.

PROTECTS HUMANITY

Alright, so how do we protect humanity. This is an important chapter so I left it for the last part of the book so that you read the first part, and are able to have a more idea of how we can protect that humanity by protecting the Superman in our life. When we apply the methods and information in this book. And we become more like the Superman in our life than we are protecting humanity because we're showing others that this type of lifestyle as possible. If you're going out there and you're trying to protect humanity, but you're still not enjoying what you're

doing, or you're not cultivating your talents, or you're not helping others or you don't have respect for the planet, then these type of things are not going to coexist, you're not going to be able to help humanity at all. But if your work, working out and staying in shape and cultivating your intelligence and gaining knowledge that is pure and of the highest order, then you are in a position where you can help. Not only that you're helping already by helping yourself. So, protecting humanity is something that happens when we are helping ourselves. There's a famous saying that says, when you change yourself, then the world changes. The person who you are when expressed authentically is the person that can change the world. Superman is expressing himself, the most authentically when he's fighting to save the planet. And when he's protecting us. We're expressing ourselves the most authentically when we're having the most fun, or feel that we're at the deepest part of ourselves. When we do this, we are saving humanity. We are defeating the arts villains in our life, our happiness is the strength that can lift up the Local Motors. That can fly faster than anything that can defeat any foe. Protecting humanity is when people see

you. They see health. They see intelligence, they see someone who's doing what he enjoys to do. Protecting humanity is not going out there and finding the strongest criminal and attacking you. Protecting humanity is showing others that you're happy. And that you're courageous. And that you found your way. And you're following it. When you do this, you're leading an example that other people can follow and talk about. And so you're protecting the people around you, by giving them an image of you. That represents superhero quality. You're healthy. You're happy. You're a whole you love what you're doing. You're strong, you're intelligent. You found the perfect woman, or you're going out there looking for the perfect mate, you're doing everything in line of what everyone wants to do in their life. And so this creates an aura around you, and when people see you, they respect that and that creates good energy from them, and maybe they'll tell other people about what you said to them through your super intelligence that you're cultivating or maybe they'll remember a beautiful memory they had with you while you were following your Superman life. And this is how we protect humanity, people who aren't living in

this direction, have been defeated by their nemesis. So no matter what our circumstances are, we can continue to fight until we gain the victory. For example, I love being an optimizer. There was a book written by Rosen lian Glickman, who is a PhD. And she wrote a book called optimal thinking. It just feels great for me to optimize my circumstances and to know that I have this ability. And no matter where I go, I'm always optimizing my situation, looking for the best in the circumstance. And this is a super power that I've cultivated in my life. And when someone comes to me and says hey Chris Do I need help. And immediately, would the first thing that comes to mind is how can I optimize their circumstance. And so I'll help him there with optimization. And this is a mini way that I save the planet. You're not going to fly in the opposite direction of the way the earth is moving on its axis and spin the world. The other way to balance out the magnetic fields, and to save us. By turning back the hands of time. But you can

effort to be your best to look your best, and to do your best. Sometimes your best is in taking effort sometimes

your best to just being relaxed and just being the most relaxed, you can be and when you're around other people you're just peaceful in the most relaxed one there and that brings the healing. Or maybe your best isn't making billions of dollars but it's doing a job that you love to do when your family loves that you do it, because it makes you happy. So we have to find out what our best is and this is how we protect humanity. Another way that we can protect humanity's never saying bad things about man. Even if the person didn't do good in their past or is in doing good in your eyes. You have the understanding that this person in their mind is doing the best that they can. We have to understand that a lot of people don't have books like this, you know in place for this book they might be listening to rock and roll or while you're reading this book right now they're listening to somebody who's giving them an opposite message or watching a TV show or a news show that might be bringing them down. So we have to understand that everyone is doing the best with what they're given. And so, the one of the best ways that we can protect humanity is through the power of our words. So, Superman has the power of strength and invulnerability.

And so we also have this strength in our words, not in our physical form, but in all words we can have the power of strength and invulnerability which means that all of our words if we choose can be of high vibration and words that are unbreakable. There's words like love, peace, peace, God. God's Spirit universe, earth, sun, water, air. These words are unbreakable and we can start incorporating these in our speech. There is thousands of these type of words that we can incorporate into our vocabulary to start bringing this Superman force into our mind and into the mind of others. And what ends up happening is, when we make that simple decision. always to speak good about others. Then we have protected humanity, and we've done our jobs as humans. So, what I would like you to do is just to take a sheet of paper out, and to write your name on it, and then to write. I choose to protect humanity through my words. And then sign that sheet of paper. And when you do this, you will start to see a transformation in your life, even if it's somebody that you absolutely don't love or don't like when you choose to either reframe talking about that person, or being strong enough utilizing the Superman in your life to be strong enough to say something good

about that person or just to say something neutral. Then, this is super force that humanity has. It's a super vibration. So you don't have to say, you know, super loving things about the person, but you could either just say something that's neutral or don't say anything at all. And this will be good enough at first until you can practice this superpower, that I'm giving you and can use in your life until it doesn't matter who it is, you can say this person has the potential to be the best they can be. This person is able to improve and be the Superman of their life as well. Another way that we can protect humanity's f

WORKS WELL ALONE

Superman can be called the strongest villain alive. There's one thing that we know about Superman. This is the greatest tribute that x men meet each other. The Fantastic Four have to work together. Batman needs Robin. But Superman needs no one needs the Avengers. We know that he takes a very high quality of a man to function

alone. And This goes also with superheroes takes a very high quality superhero to function alone, we see Batman do it. We see some superheroes do it like Wolverine and Cyclops. But these are the best of the best superheroes. Differences, Superman works better when he's alone. And Why is this? Because his abilities are so strong that when he's working with other superheroes, there's a possibility that he would have less of an effect. superpowers and he has pretty much close to invulnerability, immortality, things of this nature. So he has to be at peace, working alone

When He's Clark and he has Lois Lane. So we know that as far as who he truly enjoys to be as a woman, But when he's completing his missions, It's just him. It's okay for us to be grounded With a lover or a partner. But we shouldn't depend on these people to help us complete our missions. These people who depend on others, to help them finish their book or finish their album. Or create new ideas, these people can be strong. Just like the Avengers, a strong Batman is strong. But the people who can do it completely alone, and sometimes prefer it. And that's normal to them. These are the Superman of their own life.

is a popular saying where I come from a New York saying God bless the man who can hold his own. This is true man who does his best to become self sufficient is truly blessed. Question is, how does Superman Do it? Well, like I said, we know that Superman has a Fortress of Solitude. We know that he goes there to meditate and to reflect and to study and research and pray and to practice and to train. This fortress is located all the way in deep, deep parts of Antarctica. So he has no choice but to be alone. And so it's something that he kind of practice on his way from growing up in a farm. as a little boy with his human family into becoming the mature man He was which was Superman. So we should practice on being alone sometimes. Whether that's at the beach, or camping, or in our room, or allocating a part of the house where we could just be alone. Because when we're alone, We're able to think more clearly we become more peaceful. So It takes practice, Superman would go to the Fortress of Solitude, which was built with the biggest purest ice sculptures that he created from Antarctica as well as the clearest finest, most beautiful crystals from his Planet Krypton. He made this fortress, which was the most beautiful architecture in

the planet, Possibly the universe, He would go there and he would enjoy being by himself In contemplating his deepest thoughts, and cultivating his deepest abilities. So we have to have a Fortress of Solitude, to retreat back to when the people around us may get emotional or chaotic. And so we can be at by ourselves and again, realize who we truly are. And then when we come back out, We're more powerful. Another great way to work well alone is to just keep telling yourself, I don't need anyone's motivation, I'm self motivated. This is what the greatest people in this world do. MLK didn't have a team. You know, a lot of these great boxers like Muhammad Ali, they stepped into the ring alone. We too have to understand that a lot of our battles that we fight, depend on us alone and what we're going to do and how we're going to handle the situation. So if we want to be the best we can be, we have to get comfortable with this going into the ring by ourselves. There was a issue of Superman where Muhammad Ali was training with Superman. And they eventually had to fight each other. And they realized that they were both the greatest because they were the only beings that were the most comfortable to step in to battles alone. We see this

with great fighters today that they step into that ring pages by themselves. So It's a good thing to tell yourself, I'm self sufficient. And the most important person in my life, I am the Superman of my life. A lot of these chapters where I point to you, being the Superman of your life is all about what I'm writing in this chapter that when you realize that you can work well alone. That's when you realize you are the Superman of your life. Because there's only one Superman in your life. So you must work alone. As far as I am, as far as filling that position. Lot of people place their trust and happiness in their in their significant other, or their children or their job, other people. And when these people leave, which they usually do, the children get older, something happens, we're aware that some type of some type of separation has to take place. And then they're left with themselves once again. And we all learn this that one day we are left by ourselves, and we have to handle our situations alone. And this is one of the most important lessons in life. Let's do this with grace, let's do it the way Superman would do it, let's actually prefer it, let's train ourselves to be strong enough to step into the ring alone. The sports teams, they have a lot of teamwork and

cohesion. But a lot of these players have to depend on their own abilities. When the greatest players on these teams foul, the team doesn't get blamed. The team doesn't make the headlines. It's the leader of the team. If Michael Jordan misses the shot,

Chicago Bulls on the back page of the newspaper, it's Michael Jordan messed up. And he takes the blame. Why? Because he the Superman of that team. He's the leader of that team. And this is the same thing for all life. Even if we're with a whole bunch of people. And we fail, we're going to look always at ourselves that we had failed, we're going to be at the front line. Because it's not really a team effort. On this level of being the greatest, it's your effort because you are the best person in your life. So how do we do this? How do we work well alone? Well get that Fortress of Solitude, like I was telling you. Learning about self sufficiency, gardening, learning how to make your own food, your own garden, learning how to get your own water, collecting rainwater, or maybe boiling water. You don't have to be completely self sufficient. But at least learning viability of self sufficiency is extremely super

powerful, and will make you feel like Superman. Learning how to make money on your own. There's another way, learning how to help others on your own. In today's community, it's hard to be self sufficient. It's extremely difficult to make money on your own. So you have to start this stuff when you're younger. to people who have this knowledge that are younger than 21, you really lucked out, because this stuff is more powerful than a lot of 1415 year olds know, stuff in this book that if you apply it, you'll be more powerful than a 40 or 50 year old man and the level of truth. So even though I geared it, for men, it's really for people that are growing up into this world and have to start into the position of being leaders of their own life. Unfortunately, the leaders of our history weren't teaching what I'm teaching in this book. So it's going to be difficult for us to be this leader that we're supposed to be. self sufficiency is one of these things that we must learn, it's going to be hard for you to grow your own food, it's going to be hard for you to get your own water, it's going to be hard for you to make your own money, get your own house, get your own energy. They want you to depend on other people to be dependent. So in the sense, we live in

America, which is land that promotes independence and self sufficiency, there's two sides of the coin. We're still dependent on other people. Now, it's good to be dependent on certain things, you know, to have that level of commitment and trust, but it's not. It's better to be independent and self sufficient when we're dealing with your own life. It's the greatest to know how to be self sufficient, if ever needed to be. It's not going to be an overnight process for you to learn how to garden, to collect your own water, to get your own energy through solar power, how to build your own house, even if it's a small one. These things take practice. Even if you have a house, you should build us a miniature one just to practice self sufficiency. Maybe get a little lot of land and build that build a miniature cabin or something, put solar power on it and a garden and learn how to collect your own water and just live self sufficient for a week or two and feel the magnitude of this superpower the power of working by yourself and being self sufficient. This is one of Superman's ultimate talents. He's self sufficiency. Another ways to learn about people who promote self sufficiency opposed to dependency, which will usually be men and

start learning from them. We understand that self sufficiency and independence is being aware that you can't live your life by yourself. Because everything that we're using was created by other people. But you're not dependent on other people. Which means that you're not needing them for things. you're grateful for the things that you must get from other people. There's millions of people that were involved in your life, do the companies that built your products, and package your food and meet your automobiles and things of this nature. There's millions of people that were involved in your life that you don't know. But we're very involved, use their hands to build and package what you have. And with that respect with that gratitude, you can be self sufficient. You can say now, I want to build my own my own cabinet. I want to get my own solar energy. And the more self sufficient we become the more grateful we can be for others in and then helping us in our life. So It's a paradox How can I realize the so many people involved in be self sufficient? Well, when we're not so sufficient, completely absorbed in ourselves, We don't realize that we can take care of ourselves, we're constantly needed. But when we do more efficient we

become more we can realize the power of nature and life,
and the creator of life, the source of life in nature. And
then we realize how much work does. Work man does at
the seed, again, us our fish, how much work man does to
build these beautiful chairs and tables and automobiles, but
it first comes to self sufficiency. If that makes more sense,
Once we're able to handle ourselves in life, were able to, to
build our own cabin garden and eat our own food, go
fishing catch on fish, even if it's just for a week, to
ourselves. And I don't care what you're catching, as long as
you can feed yourself for like a week, You can shelter
yourself, No matter if there was rain or snow, you would
survive. That's it. That's a very high level of self
sufficiency. And you'll be able to open an access within
yourself this piece. And you'll know, wow, I wasn't this
person that was scrambling over these resources, I was a
much more peaceful person. When I was by myself, I was
able to see this. He's able to see this only when you're
alone, work well with this idea. That after a while, When
you're out there, You're in this self sufficient state, you're
able to see how many people are involved to make your
sneakers, your pants, your shirt, your food, your

automobiles, all of the products and electronics that you have all of the energy water that gets piped to the house. So self sufficiency, also brings a great gratitude towards the people that you are dependent on. Now, the greatest thing is for people to come together and be self sufficient together. If you have people that come together, and are self sufficient together, then you have that gratitude that's magnified with them in that group. This was the ideology behind America, we were all supposed to be self sufficient, which means we were all supposed to get our own land, until our own soil and be our own self sufficient being that was free to do what he likes to take care of himself and his family. Somehow we lost the fabrics, of the ideology of why we left Britain to come here to be a country promoting independence and self sufficiency. Now we're on it state once again, where we're completely dependent on our government, and our jobs. And if we don't have them, we're in an extreme state of fear. So self sufficiency is important. And as a matter of fact, it was this country who supposed to come together as a people who are all self sufficient, and come together to bring this magnitude of gratitude towards the entire land. But it didn't work. So

now it's back to the individual again, and these into the troubles that find their self sufficiency within themselves will again work with other self sufficient people to build a new land that will one day flourish and be supported by life because that's what life wants. That gratitude of each other. The power of being self sufficient, independence, independence and equality. Two hands of the same body. So, people here in this world are no longer evil. We all have different types of a race. different classes. support people so we must get back to ourselves. out there, Bible should be the first one MX this idea of self sufficiency

.

COMPLETES HIS MISSION

Superman's super intelligence allows him to complete all of his missions and he's able to complete

them fast. Where it would take one superhero a week to complete a mission, superman can complete in minutes. He has literally came up against opponents that have been taken down in seconds because of his intelligence. The ability of flight obviously gets him to places very quickly to get what he need done. Another thing to notice about superman is how his mission are completed in a very orderly fashion. Also the missions that he chooses are always the greatest missions.

Many of the universes arch villains and evils come from different planets to come to earth because they know that superman is the strongest in the universe and the first person that they go after is usually the biggest threat to their regime. Superman is a great protector of earth but he is also understanding that his presence here attracts bad guys from across the galaxies. Superman is always prepare for new missions coming in from bad folks that want to take him down and control the world. He has completed so many missions that he is more experienced than any general or leader in the world. When he's completing missions, he does it in the fastest rate possible. There's are some missions he has completed that in our processing

speed of intelligence to absolutely no time for him to complete. We can follow our blue hero by achieving our greatest goals in the fastest way possible. Today goals take so much time to complete! College takes 4-6 years! Job security takes years to obtain! Almost all of our goals in today's world seem like they take forever to achieve. The first thing we need to do is make sure we are functioning as best as we can to meet our goals the fastest. This means exercising and eating the best, staying positive and keeping our mind clear of negative influences as best as we can. When you do this even if your goals might take a lot to achieve them, you will feel like nothing can hold you back. Also what I've noticed is especially in today's day and age, we have so many things that are holding us back from achieving our goals whether it be family members expectations or obligations or friend and partners that need to demand our time. Let's not forget the bills, loans, credit cards, and other financial burdens that make our goal achievement speed feel like it is at a standstill. Whatever the case is, we have missions that we're supposed to be completing. We're not achieving because we're being held back. Superman doesn't have these hold

backs. If he is at his job he's actually free enough at his job to be able to go off at any time and switch his clothes and to run from Clark Kent. He has this freedom and we need this freedom as well. What we need to do is we need to find a way that we're able to leave work when we want. I know this sounds a little bit against the status quo or going against the grain of today's society but in order for us to complete our major missions that we need to complete in our life then we need to be able to have a job that's flexible enough that we can leave at any time. Now am I saying that we're going to need to leave every single day? No, but if Superman needs to go to another planet for three days then he doesn't need to call and check in. He's Clark Kent! The best editor in metropolis and his wife is Lois Lane, the best looking reporter in the city! He's the head editor there and if he's not there the chief will find someone to take his place until he returns. He scheduled himself to be free at his job enough to complete his mission. He has done this because at his job he is the best and he can't be replaced. Not only is his boss flexible with Clark Kent but he knows he can't be replaced. We too have to be irreplaceable at our job and create a presence there that creates freedom

for us to move. We have to find a job, whether it's entrepreneurship or having our own business or having just a part time job and selling our own products to have enough time and freedom to do what we really want to do in life. Our ambitions are important and they are achievable. If we really look at it.

Our job should in some way or form reflect our goals. If we have a job that is just paying the bills we can keep it until we find a better reflection of ourselves. When we tack this important matter at our place of service and create freedom their then we can complete missions much faster and efficiently. Your job is not your mission! As a matter of fact, our job should be helping us to gain more ground on our goals and our missions in life. So just like Clark Kent gets the scoop, he's close to the city's hot news of what's going on. He has all these people that they think he's working for but in reality the paper is working for him. He's always getting the hottest scoop! So we also have to take this type of ideology. Finding a job that even though we're working for them, they're really working for us because all of the people there are accelerating and contributing to your ultimate goals and ultimate missions.

For example, if I love music, then I can help a musician or maybe work at a restaurant that does a lot of live music. I can work at an instrument store or I can work in a guitar shop. The key is to eventually find a place that's flexible enough to give me time when I need it while also helping me with my major goals.

Another thing that we need to understand about achieving our goals is that we don't stop until we complete the mission. This means that we have to break down these missions into goals and goals into action steps. Now here's the secret to complete your missions as fast as superman. We figure out that each action step in the multiple action steps needed to complete a goal all have a unit of resistance attached to them. So if you have a goal, and you have about 20 action steps that you need to take to achieve that goal, there are 20 measurable units of resistance that are going to need to be overcome. To complete the action steps to achieve the goal. Most people are not able to quantify in this manner and the resistance covers them all at once and procrastination occurs. They just see the goal as, all of the steps need to be complete now. Then nothing gets done. If we understand this in the

beginning then it's easy easier for us to walk out our action steps and reach our goal in no time flat. The best way to deal with resistance in action steps is through the Sedona Method. Also meditation and pray work. Music helps as well.

When we have a goal, which is our mission, we break down it down into action steps. Those action steps might be broken down into even smaller action steps until you meet the resistance that you need to be overcome. For example, If my mission is to publish this book, I have to finish this chapter. This is a action step. I can welcome the resistance to this and play music while creating the chapter or meditate before writing to complete the action step. You can map out your action steps whether on paper or application and reflect on the action step. When we reflect and accept the resistance on thinking about completing the action step then you opened up flood gates of energy to complete the action step in actuality. Also accepting and letting go of the resistance while acting out the steps is a great way to get things done, pronto.

There are many ways that we can meditate, pray, reflect and exercise to get rid of the resistance. We can talk

to other people who have already completed these action steps and have already achieved the goals that we have to help us with our resistance. **The secret to goal achievement is dissolving resistance.** This power that we have to resistance dissolution gives us enormous amounts of inspiration and energy that makes these goals achievable in much less time with much more power. We can release and let go on resistance at any time. Accept the resistance and just be with it until it dissolves. At first it feels heavy or pulling. Hot or biting. Get used to this feeling of resistance until it is manageable. When you begin to understand and feel your resistance you can take on bigger goals and bigger missions. We can step into action and achieve at this point. Find your unique ways to deal with resistance. I know one of my unique ways is music. I pierce through resistance by playing great music. My action steps turn into a dance and my chapter get done with fluid speed. It feels like when I put on my music the resistance is being dissolved by the rhythm.

Once again the hidden knowledge for getting what you want is to find a method that work at dissolving your

resistance. The great news is there are many methods that work out there. Be creative and search online or go to the library and find books and information on how to solve resistance.

You should read a lot of books on this and become masterful.

On a spiritual level you can look at superman's enemies as himself. Superman's villains are outward expressions of his resistance. Because he was so powerful his resistance would create these enormous monsters. They are Superman's block towards his ultimate goals which is freeing everyone in America and giving the world freedom. He never gives up. The day you see superman ease up from his goal is the day you see sweat drip from his face.

Every time he defeated one of these monsters, he dissolved a unit of his resistance that brought him closer to his desire that the resistance was attached to. It's a great way to spiritualize this hero and understand our resistance in this way. If we look at it like this we too can defeat our resistance and get closer to our ultimate dreams and desires.

BE YOUR BEST

This chapter is a extenuation of the chapter on superman's improvement. Superman at his best is called superman one million. He is a perfect extenuation of our sun. There came a time in the DC universe when the ages were changing and superman turned into a being of omnipotent liquid golden light. He was then known as superman prime. Lois lane turned into a perfect silver white light being. Superman ascended into a solar being of unimaginable force. All his powers maximized to infinite levels. He became undefeatable. Finally superman was complete. He developed cosmic powers from the center of our universe. One of these powers he gained as superman one million was the universe's indomitable will power. He had the capability to give super power energy to all the beings across our galaxy.

Seems hard to beat right? Well we might not have the power of superman one million but life might have something greater in store for us. The S on superman's chest stands for hope on his home planet krypton. We must have hope that we can be the best version of ourselves which at a soul level might be far greater then superman one million. There are spiritual masters who say that humans can eventually be liberated unto a being that can manifest their entire world by thought. You think you are in new York on a rooftop and you are there instantaneously. They say you can be as many bodies you want. Anything you think you can become. So we must hope through faith that we can be the greatest being that has ever existed in our life.

Even Superman in this extremely powerful state never said "I am omnipresent." What we learn if we continue to do our best is that we are able to be omnipresent human beings. A wise man once said, Omniscient, omnipotent, omnivorous and omnipresent all begin with Om. We have the ability to be our best by learning and doing the best we can. Lester Levenson, a American spiritual master once said "you are everywhere

right now pretending you are only that body.” The only thing separating us from being more powerful than superman prime is thought. If we can stop thinking even for a moment we can immediately be rejuvenated and experience this our self. This is my hope for you. That no matter where you are in life you will be provided by life this blessing and friends that will protect this true life of yours. In the bible it says “be still and know I am God. But you do have to be still. Its sacred this true prime version of yourself. This is how we recharge like superman and receive enormous powers by being still. This is us at our best. No movement, no thought. Then we transcend like we do when we are completely still in deep sleep. Stillness and silence is the key to our best version. Our Chris One Million. This is my best wish for you. When you are focused on the best around you and in your friends, you environment and actions your enter into superman potential.

GIVING

We have to understand that Superman wasn't giving money to anybody. He was never depicted as a type of rich person. He was average middle class. Clark Kent, and Superman he really weren't into money at all.

Superman didn't live any type of prestige in the realm of being wealthy on this planet. Could you imagine superman choosing to be a billionaire like Bruce Wayne? He would be a trillionaire in today's market. Super wealth really didn't fit the highest persona. It was super health and super power that fit the bill. Superman's identity was not fitting into the super rich like the other superheroes that had gained their prestige. Through money and wealth may be great it is not important when portraying the highest potential of man.

Superman through his intelligence could have wiped these casino's night after night and took over the stock market with his calculating and statistical abilities. He chose to be Clark Kent though. We can prove through Superman that this honest lifestyle is the greatest way to be the strongest and most renowned. We understand that

Superman was also giving to the world what he chose to omit for himself. He chose to be middle class Clark instead of trillionaire global mogul in order to help and give more efficiently. With all that money how could he possibly have the time to give and help? This was his luminous intent of freedom and truth.

He would relax his super vision and take off his Clark glasses and watch the news with Lois and they would see things that were going on in the world that weren't truthful and things that were affecting innocent people's freedom. He would step in and he would get involved and sometimes he would get so angry he would clear out entire rooms of opponents just to get the anger out. He cared about us and would give us the highest gift. Protection.

Usually when people called to Superman they would only need to call like once or twice, and he would he would come and help them out no matter who it was. He could arrive at the scene faster than any other superhero in existence. This power of giving was what we understand as the quality that made Superman the ultimate superhero. It had nothing to do with money, but it had to do with his symbol of givingness. Nowadays we see a lot of men put

all of their life energy into the pursuit of money which they feel is the pursuit of happiness because of our societal teaching and conditioning and we are losing a lot of supermen.

This givingness that he would supply humanity was worth much more than any dollar amount. He would fight for the people!

Lets apply this idea to our superman lifestyle. The idea that we have to really internalize is that compared to someone who has a lot of money, a person that's prepared to fight for you is much more valuable and more resourceful. We need to accredit the individuals in our lives that we know would fight for us oppose to giving the big names and big shots all of our attention. Sometime these people get over looked in our lives so right now, identify who is your protectors and give them a call and tell them you love them and appreciate them.

We know that the Superman comic books are worth so much money. There are plenty of superman comics out there that are worth hundreds of thousands of dollars. There is one Superman comic That was worth. It is called the Action Comics 1938 #1 edition. There are 100

copies worldwide. That's 400 million dollars altogether linked to this one comic! What is so valuable about this superhero? It is the qualities that I have detailed in this book and ultimately how he chose to give his powers for good. If he chose to be a villain I guarantee that comics would be worth less than 5 bucks.

I believe it is not the power of superman that makes the comics worth so much but the level of giving he supplies to us. We have to understand how is it possible that these comics and movies gross so much. We could not imagine how much superman has made in total through all the movies, comics and action figures and so on but we can identify where the value is coming from. His movies have sold billions and billions of dollars worth in sales because he is the ultimate savior! We need to emulate the ultimate saviors in our life. The best savior is usually the most valuable. I know that in my life and my country the ultimate savior is Christ. It is very easy to learn his amount of givingness and increase in values. What we do know about all saviors is they all have mastered the art of giving. This is why there could be so

many comics close to a million dollars with Kal-el's name on it.

I am promoting the readers of this book toward financial prosperity but also directing you to the commencement of this book with what is more valuable. Superman is the most valuable superhero. The main point to understand about the value of Superman's character is he has perfected the art of givingness.

Lets always give of our time, energy, and our power to the planet and to the people to protect our freedom and truth. Superman is super valuable and so are you!

We have to understand there's a lot of superheroes that have way more superpowers than Superman but they're not nearly as popular or valuable. So, I'm pointing out the value here. What sets Superman from the rest is that he is ultimately created this identity as Superman to help us gain truth and freedom. When that is affected, then he steps in. It's not like people have to call out to Him every day on their knees. He comes to help on his own accord. All they have to do is ask them for help once or twice and he superman's the situation. This ultimate

givingness is something that we should learn. Then we can give people freedom to be the way they want to be and we will want to help them instead of control them. We also try to give people truth. Try to be honest with them. We fight for them for their protection safety. If anyone tries to take away their freedom in any way, we superman them. We apply the techniques in this book and do our best to be victorious for our friends and family. When people try to take their emotional freedom, their mental freedom, their financial freedom, we would step in and fight for them. We don't expect anything in return because we know if we are victorious in helping we will gain more superman energy and recognition. This is how we can become the most valuable person. If a comics was made on you, this is how it would become valuable. When you understand this value of this givingness then you can apply it toward your superhero lifestyle. People might not tell you you're worth millions of dollars or billions of dollars when you apply these techniques or that comics or movies could be made from your super hero-ness but I will. You are the ultimate superman of the universe! You're a real life person, You're a real life superman! No longer is superman a fictional

character, you have brought him to life! If you're doing what Superman's doing in real life, your value far exceeds the statistics we talked about. Plus, you're going to feel great. Really great. Victory brings this feeling that you are the greatest and you really are! Infants have this feeling all the time. This feeling of complete greatness with no shame. We lose that through the conditioned mind set up by whoever taught it first....

Let me reiterate, It is not the giving of finances food or shelter that makes you super. Neither it is the giving of gold silver and clothing. It is the fight to give freedom and truth to all people. You start first by letting the people be who they want to be in their life. Then you expand with the attitude that all people on your block can be free to be do and have whatever they want. Then you expand to your town, city, state. Then your country, hemisphere and world. It's also one of the easiest things that we can do on a emotional level. Going the opposite route is villainous and it reeks havoc on our health. In today's society we are growing with new beliefs. There are now great books emerging to empower us and provide us more freedom. Eckhart Tolle's a new earth, Paramhansa

Yogananda, “a autobiography of a yogi”, Lester Levenson’s “the keys to ultimate freedom” and countless others are emerging. We are slowly but surely changing our beliefs and expanding from the social conditioning that we have carried for millennia. We are now learning different things as children because our science is advancing. We still have a way to go until ultimately our parents pack us our lunch for school and we get on the bus and travel to a school that teaches us how to be supermen. Even in college we are not being taught this chief knowledge and material and our society, planet and communities are taking the impact. Remember about the realization of self learning that we discussed that is available today. Superman is teaching us through comic books but one day he will be able to teach us in our text books. Let’s think about it, if one little comic is worth over \$4 million you don’t think I want you text books to be as valuable? Even though you think textbooks are expensive on the scale I am teaching you from they are not worth much.

We would with the knowledge they are teaching us to make a couple of million dollars in our lifetime and

that is great yet I still believe in my heart it is a shift of our beliefs into this mindset that superhero's should really be teaching us. Their thoughts are super valuable and when we graduate our thoughts will be too.. Now I have to tell you something important.

I couldn't tell you until the end of this book because of the forces that be, but I'm going to tell you now because it's the perfect time. The author of this book is Superman himself. I am Superman! I wrote this book for you so you can be victorious in your life. There is purpose in your life and when you achieve these skills you can be even more powerful than me. Even I am not omnipresent.

In the next chapter, I'm going to give you affirmations from my mind that are going to help you transform the easy thoughts that I constantly think myself. They are my most prominent thoughts. The more you listen, the more that we can share the same thought. Now, I told you the secrets of how to be like me but more importantly, how to be like your true self. I also created the CD called Superman mind for

the men reading this book. And a additional CD called Super woman's mind, which was created from by Superwoman herself. Before I would initiate attack to my nemesis, I would meditate and mentally prepare. I would think these thoughts until they were concentrated in my mind and during battle when I would think one of these thoughts it would recalibrate the entire atomic structure surrounding me. This was the secret to my ongoing success. You too can concentrate these thoughts. Choose one of my affirmations and say it every day until the thought becomes concentrated. Having my thoughts concentrated in your mind will bring you the power you need to save the day. Whenever you are facing difficulty think one of your concentrated thoughts and you will be in the position to gain victory. Remember my directives in this book and whenever you're in the heat of battle, bring to mind the thoughts that we now both share. I love you always.

~ Superman



AFFIRMATIONS

The Affirmational process is a sacred process, where we are able to use the mind to direct it into a certain area or path that we choose in life. We have external world that is directing our body, and our mind for what we need to survive like money, or a family's goals or whatever is outside of us. But when we are in the informational process. We're actually taking the power of our own individuality. And we're using it to play it seated to the mind.

When we do this, the mind is now steered like a rudder of a ship towards a certain area that we consciously choose. So, there's millions of affirmations that are available, probably more is probably billions of affirmations, and you can selectively choose them to bring them by to the area of your interest. Now, once you bring the mind to your area of interest. the body will follow. There is a historical saying mind over matter. This means mind over body so with the affirmation and process, were able to affirm the things over and over again.

And when we affirm them. We're steering the mind, best directing our body and eventually we end up landing ourselves into the place of our affirmation aspiration.

The best way that I can explain it is like a tree, tree starts as a seed turns into a seedling very small jet. And then the seedling takes root and turns into a plant, the plank is stronger.

The plant grows up to be small tree until eventually turns into a big, beautiful strong tree that produces fruit. In the same way the first day that we say an affirmation, which is the seed, whereas the second and third day, fourth day. We're growing into be a seed, whereas eventually, we can't defeat. We can't grow into actual plan.

We're growing an actual plan.

If we use this affirmation every day that we choose our affirmations.

Eventually, a strong.

That can bear.

So, these are the affirmations that I've provided. I hope you enjoy them. And I hope that they take root in your mind and bring you to this final destination, ultimately, when you purchase this book for us to be our very best and to harness these powers that we have. Each one of these hundreds of affirmations can be used as a meditation mantra for increased affect.

Superman affirmation

I am the best version of superman

I have superman energy

I have superman dreams

My voice is superman strong

I am a warrior of peace

My heart vibrates with superman strength

I have superman music

I am superman freedom

I am superman rich

I am superman health

I am superman

I am super

I am

I am superman intelligence

I am universal power

I am super love
I am a god genius
I am unlimited
My DNA is divine
I have all control
The universe is my playground
I am godlike
I am the greatest
I am the only legend
I am God
I have total domination and I use my power for good
I can do anything I want
Everyone respects my power
I am perfect
I am endless
I can fly
My capabilities are boundless
My name is immeasurable
My victory is vast
I can store immense amounts of starlight

My mind is everlasting
Everyone trust me
I energize my mind through natural rhythms
I honor the planet
My consciousness is fully expanded in the One light
I am being superman
I am super beingness
I am imperturbable
I am a child of God
I am stronger then the sound barrier
I can see through all circumstances
I am the strongest breath
I have super resilience
I harness telescopic and microscopic super vision
My vision is perfect
I can move faster than the speed of light in my mind and
body
My thoughts reflect the best of life
I am always looking and dressed the sharpest
I am the most attractive person in the world

I am inexhaustibility
My presence is ubiquitous
My mind and heart are clear and open
my friendships last a lifetime
the flame of God is within me
I worship truth, freedom and justice
I hold the strongest allegiances of good
I give everything the power of God effortlessly
All of my Nemesis know I am stronger
I have travelled the entire universe
My friends expand into the greatest super heroes
I absorb a lot of sun and drink lots of water
I have everything I desire
I am happy with who I am
Superman has thousands of special super power some still
undiscovered. So do I.
My hands are the strongest weapon on this planet
Everyone who is good loves me and everyone who is not
knows my victories.
My brain can absorb universal thought patterns
My heart and lungs have superhero force

My blood is the purest and cleanest at all times

One of my blood cells can give super powers to someone else forever

I am the cure

When I feel pain it turns into light immediately

When I feel negativity it transforms into light immediately

I am protected by a allegiance of friends who love and fight for good

I make the world a better place

My immune system thinks I'm the strongest person on the planet

I have the strongest heart in the universe

All of life respects me

I respect all life

My superpowers are located in my heart

My brain is more powerful then science can explain

I am stronger than any weapon in the universe

I feel strong in every moment

The legends dream of me

I am perfect

I am the greatest leader in the world

The only one faster than me is the flash
There is no one stronger or smarter
I am the best family
When I die I come back to life
I don't need money to win
I can move mountains, I can move worlds
I have defeated all my enemies with grace
I have learned from all the greatest legends
I am a star incarnate
My intelligence pierces through the universe
All of my muscles are full of light
I am the ultimate creative man
I can do fly by's across the galaxy
I pierce through the sound barrier with ease and grace
I have a son and he will be more powerful than me
I love to serve this world
I have been everywhere in this universe
The strongest man on earth is not worthy to oppose me
My biggest enjoyment is my own freedom and strength.
I have the best experiences in life

Everyone knows I am the greatest protector of earth
I am stronger than fire
I am faster than my brain.
I am a legend of the universe
My shadow is largest when I'm flying in the sky
My skin complexion is perfect
My beauty is out of this world
People have said cruel things about me but I know who I
am
I am sacred to other super heroes
All the life on this planet knows I love it and that I will
fight for it
I have two sides to me. One is good. The other is cosmic.
Love to me is a action
No one knows my greatest power
I have good fortune
I am the way the truth and the life
You have superhuman senses.
You have superhuman strength.
You have superhuman endurance.
You have superhuman durability.

You have superhuman agility.
You have superhuman reflexes.
You are a master combatant.
You have telescopic vision.
You have x-ray vision.
You have superhuman hearing.
You have microscopic vision.
You have superhuman vision.
You have superhuman breath.
You have flight abilities.
You have enhanced jumping abilities.
You have super leaping abilities.
You have an eidetic memory.
You have superhuman intelligence.
You have superhuman olfaction.
You have invulnerability.
You have extreme longevity.
You have heat vision.
You have enhanced healing factor.
You have telekinesis abilities.

You have multilingual abilities.
You have genius-level intellect.
You have precise muscle control.
You have enhanced immunity.
You have solar energy absorption.
You have precise vocal control.
You have freeze breath.
You perceive the electromagnetic spectrum.
You have superhuman stamina.
You have peak physical conditioning.
You have peak mental conditioning.
You have immense strength and power.
I am a super-human.
I am the most advanced human.
I am super powerful.
I am like Superman.
I have Superman's powers and abilities.
My skills are beyond science.
I am an enlightened being.
My entire D.N.A. sequence is active.

My DNA now powers up and transforms me into Superman.

I have superhuman intelligence.

I have a perfect memory.

I easily remember everything I've ever read, seen, or heard.

I can easily remember and recall all that I have experienced.

I can easily remember and recall all that I have encountered.

I can easily remember and recall all that I have learned.

I have genius-level intellect.

I easily perform complex mental operations like a supercomputer.

I have multilingual abilities.

I easily understand and can master any language in days.

My subconscious mind now transforms me into Superman.

I have peak mental conditioning.

My mind is always sharp and focused.

I am centered.

I have superhuman agility.

I have superhuman reflexes.

I have superhuman speed.
I think incredibly fast.
I process information at superhuman speeds.
I can move at extraordinary speed.
I can run at light speed.
I can fly like Superman.
I can fly at light speed.
I am incredibly skilled at everything I do.
I have superhuman leaping and jumping abilities.
I am a master combatant.
I have superhuman muscular control.
I have telekinesis abilities.
I have superhuman hypnotic abilities.
I have superhuman Telepathic Will Control.
I perceive the electromagnetic energy.
I learn things incredibly fast.
I have superhuman senses.
I have superhuman vision.
I have telescopic vision.
I have microscopic vision.

I have x-ray vision.

I have night vision.

I have heat vision.

I have superhuman hearing.

I can hear anything in earth's atmosphere.

I have superhuman olfaction (smell).

I have superhuman touch.

I have superhuman taste.

I have superhuman vocal abilities.

I have precise vocal control.

I have super-voice-mimicry.

I have super-ventriloquism.

I have superhuman breath.

I can live underwater.

I have freeze breath.

My powers and abilities increase daily at an exceedingly rapid speed.

My subconscious mind integrates all these affirmations efficiently.

My powers and abilities benefit myself and others.

I feel great knowing that I am like Superman.

I am ALWAYS in a positive mood.

I am supremely confident and fearless.

I have supernatural charm and charisma.

I have peak physical conditioning.

I can be sustained on Solar energy alone.

I have super solar energy absorption.

I have infinite stamina.

I have superhuman strength.

I can lift 200 quintillion tons with ease.

I have superhuman endurance.

I have superhuman durability.

I am 100% invulnerable.

I am bullet proof.

I am nuke proof.

I can withstand any adverse condition.

I can thrive in any adverse environment.

I am invincible.

My mind and body are beyond all negative influences.

I am always healthy.

I have superhuman immunity.

I have superhuman healing factor.

I am immortal.

Every day in every way I am becoming better and better.

I am becoming a higher being.

I love and respect all life in any form.

I am Love.

I am Light.

I am one with God.

I am highly intuitive.

I have deep wisdom.

I am limitless.

I use my super powers and abilities only for good.

I make the world a better place.

I am free of all mental and emotional blockages.

Your powers are unlimited.

Your abilities are unlimited.

You can be, do and have anything.

You have every superhuman ability.

You have every superhuman power.

You have every superhuman feature.

You now release all past conditioning.
You now allow the new you to emerge.
My powers are unlimited.
My abilities are unlimited.
I can be, do and have anything.
I have every superhuman ability.
I have every superhuman power.
I have every superhuman feature.
I now release all past conditioning.
I now allow the new me to emerge.
I naturally take risks.
I enjoy exploring the unknown.
I love learning new things.
I love trying new things.
I love exploring new things.
I always try new things.
I am incredibly brave.
I have massive courage.
I have massive social courage.
I have unlimited courage.

My bravery is huge.
I have massive amounts of bravery.
I love taking decisive action.
I love taking quick action.
I always take bold action.
I love taking bold action.
Taking action is exciting.
Taking bold action is thrilling.
I love the unknown.
I feel comfortable taking action when the outcome is uncertain.
I live to be bold.
Boldness is my strength.
Courage is in my blood.
Courage is in my DNA.
Courage is who I am.
People recognize me for my courage.
People recognize me for my bravery.
I look fear in the eye.
Every day I defeat fear.

Every day I overcome fear.

Every day I conquer fear.

Every day I obliterate fear.

Every day I blast through fear.

Every day I destroy fear.

I love taking action.

I love moving forward.

I am a leader.

I am brave.

I am courageous.

I am a successful person with the power and confidence to lead others.

My leadership enriches my relationships with the most important people in my life.

My powerful leadership skills attracts success and positive energy into my life.

The people around me admire my ability to lead, I inspire the people around me.

I create a positive environment around me by being a strong leader.

My leadership skills brings positive things into my life.

I know my own mind and I use my vision to be a strong leader.

My ideas and creativity make me a good leader.
People want to follow my creative vision.

I use my leadership skills to find ways to get the best results in my life.

My success and leadership helps to inspire the people in my life.

I am a highly motivated leader and trust in my skills.

I am a successful and prosperous human being.

I am becoming the best person I can be.

When I focus on my own ideas and agenda, I'm able to unleash the success within me and lead others.

Being confident in my leadership skills helps me to improve every day.

I am becoming my best self.

I am proud of my leadership skills.

I am proud of the strength inside me.

My leadership skills make me a winner.

I am getting happier thanks to the success I create.

I am a successful person, I can achieve anything I put my mind to.

I am a successful person who can solve any problem to reach a prosperous future.

I focus on leading my team through obstacles in order to reach success.

I can use my leadership skills to improve my future.

My strength and clear vision of purpose makes me a beautiful person.

My successful leadership impresses the people around me and creates a positive, happy environment.

The people around me admire my leadership skills, I inspire the people around me.

My positive attitude during difficult situations makes me a great leader.

I am a good leader, I believe in my ability to motivate my team to achieve any goal I set my mind to.

You are the alpha leader and as you simply walk on this new road and hold yourself and carry yourself as the alpha leader, you will find that you respond to others as the alpha leader and others respond to you as an alpha leader.

Intelligence fills my mind, lighting a path of joy,
compassion and understanding.

I have the talent, intelligence, knowledge and skills to
create a masterpiece.

I fully absorb the vast omnipresent intelligence which
heals and empowers me.

I easily gain and retain a comprehensive understanding of
that which I study.

Intelligence gives me wonderful ideas that I apply to many
areas of my life.

I process, analyze, interpret and recall information rapidly
and correctly.

Everyone I meet is attracted to my wit, intelligence, and
warm heart.

My intelligence and awareness grows with each second
that passes.

My faith is in the pure logic which moves me to higher
ground.

I use my superhuman intelligence for good and noble
purposes.

I fully absorb, assimilate and utilize Divine Intelligence.

I am led to the right path and right decision at all times.
Assertive intelligence leads me to my every higher ground.
I exude confidence, power, sophistication and intelligence.
Each day I use my intuition and intelligence to guide me.
The wisdom and intelligence of the universe is mine to use.
I have a phenomenal memory and memorize things with ease.
I communicate with ease, intelligence and confidence.
I now unlock my potential for limitless intelligence.
Divine Intelligence heals and empowers me completely.
I am unleashing my creativity for the world to enjoy.
I discover and express my unique blend of creativity.
I have an exceptional natural capacity of intellect.
Divine Intelligence now shows me all I need to know.
I love reading, and feeling how it expands my mind.
I am a bright, capable intellectual and scholar.
People understand and respect everything I say.
I am beautiful, warmhearted and intelligent.
I have the power to create anything I choose.
I use my imagination to achieve success.

I am a natural genius at math and science.
I personally strive for the higher view.
Why do I have superhuman intelligence?
I now embody limitless intelligence.
I easily learn every subject I choose.
I create work of great value.
I embrace my creativity. I am a highly creative person.
I allow my creative expression.
My intelligence is exceptional.
I communicate intelligently.
I learn rapidly and easily.
I was created from Intelligence.
I am a fast learner.
I study and comprehend fast.
Life is here to support me.
My imagination is limitless.
I have a powerful imagination.
I have a high IQ.
I am a life-long learner.
I possess beauty and intelligence.

I find solutions effortlessly.

I solve anything with ease.

I am intelligent and wise.

I have superhuman intelligence.

I am very smart.

I have a searching intelligence.

I have limitless intelligence. I am articulate. I excel at math.
I am a genius.

I have excellent eyesight.

My eyesight is constantly improving.

My eyes are healthy and in excellent condition.

My eyes constantly receive energy and nutrition.

My eyes have excellent blood flow and circulation.

My vision is being restored.

My vision improves every day.

I can see more clearly and sharply every day.

My eyes are naturally relaxed and healthy.

I have a photographic memory.

My memory is excellent.

My brain processes information fast and accurately.
I easily concentrate and focus.

My memory is accurate.

I quickly remember things.

I easily remember information.

I have advanced vision.

You have The Flash's powers & abilities.

All people are Christ.

All people are God.

All people are Omnipresent.

All people are Love.

All people are Masters.

All people are super powerful.

All people are Beautiful.

All people are healthy.

All people are victorious.

All people are light.

You possess super speed.
You have superhuman reflexes.

You have Godspeed.

You have hyper speed.

You can run extremely fast.

You can move extremely fast.

You can violate certain laws of physics.

You move at light speed.

You have advanced healing factor.

You have rapid health regeneration.

You have immunity to telepathy.

You can react at light speed.

You can move at extraordinary speed.

You have supersonic speed.

You have supernatural speed.

You have enhanced endurance.

You can run incredible distances.

You can pass through walls.

You can speed-read at incredible rates.

You can process vast amounts of information.

You have accelerated perception.

You have enhanced coordination.

You have enhanced athleticism.

You have peak mental conditioning.

You have enhanced conditioning.

You have enhanced dexterity.

You have enhanced reading.

You have enhanced agility.

Why can you think at light speed?

Why are you a speedster?

Why do you have superhuman strength?

Why do you have superhuman endurance?

Why can you travel through time?

Why do you have enhanced immunity?

Why do you have enhanced speed?

Why do you have genius-level intellect?

Why do you have superhuman speed?

Why do you have peak human speed?

Why do you have peak physical conditioning?

Why do you have enhanced stamina?

Why do you have enhanced reflexes?

My vibrational frequency is incredibly high.

I have a protective, invisible aura while I run.

I can speak at a highly accelerated rate.

I can speed-talk.

I have enhanced durability.

I have enhanced balance.

I have superhuman speed.

You're a professional martial artist.

You have super fast reflexes.

You have immense strength.

Your body is in peak condition.

Your mind is in peak condition.

You have a strong body core.

You work out on a regular basis.

You are extremely fit.

You have a powerful punch and kick.

You can dodge anything.

You are incredibly fast.

Your body is very muscular.

Your body is healthy and agile.

You are a professional fighter.

You have superhuman speed.

I am assertive.

I am bold.

I am powerful.

I am authoritative.

I am unstoppable.

I am strong.

I am confident.

I am invincible.

I am courageous.

Why am I assertive?

Why am I bold?

Why am I powerful?

Why am I authoritative?

Why am I unstoppable?

Why am I strong?

All people in the world are naturally geniuses.

Why am I confident?

Why am I invincible?

Why am I courageous?

Everything is going the right way.

I notice that things are getting better for me.
I am healthy, beautiful, and attractive.

I sleep great every night.

I laugh and smile often.

I always feel confident and relaxed.

Every day in every way I get better.

I have peace of mind.

I am so happy right now.

I am living my dream.

I am calm and strong.

I am open and honest.

I am who and where I'm supposed to be.

Life is a fun, glorious adventure.

Life is awesome, Life rocks.

Life is beautiful, Life is wonderful.

I have wealth and abundance.

I am excited, optimistic, and enthusiastic.

I live in the present and enjoy each moment.

I am inspired and motivated.

I am so grateful and fortunate.

I attract abundance doing what I love.

Everything is falling into place.

I am very creative.

I have patience and self-control.

I am filled with awe and wonder.

My body feels healthy and light.

My body and mind are healthy and strong.

My body radiates positive energy.

People respect and admire me.

I am uniquely awesome.

I am very generous.

I forgive everyone including myself.

I love myself, I love all people.

I always have more than enough.

Money comes to me from multiple sources.

I know the black, but keep to the white.

Virtue and integrity are my priorities.

In all things, I seek clarity.

I move constantly in the path of virtue without erring a step, and return again to the infinite.

My mind is resplendent, clean as a spotless mirror.

I am superior to the temporal.

I am superb, and supreme.

I act with compassion.

I embody restraint and self-command.

I am unbiased, unselfish, and dispassionate.

I am tolerant and merciful.

I open the floodgates of the good.

I am full; I am flourishing; I am thriving.

I stop and enter silence.

I am fully present.

I am unified.

I feel all life.

I feel the aliveness of now.

I rise to Olympian consciousness.

I see the perfection of all that is.

I am at my zenith.

I am open, clear, and light.

I am perfect symmetry.

I am golden.

Order, beauty, and light surround me, like the glory of
countless suns blazing together.

I am a constellation in midheaven.

I know the glorious.

I have lived among the fields of silver fire.

I have walked the paths of immortality.

I have heard the trumpet's blast.

Infinite universes exploding across aeons.

Holographic cycles rhythmically reflecting from
perfection.

The eternal victory song echoes from the valley to the
peaks.

Bright summits and open skies.

I live the song of luminous triumph.

The pattern of the stars moves in me.

I breathe diamonds into the galaxy.

Supernovas pulse in my heart.

200 billion suns blaze symmetrically.

Our glory is one.

One life, one energy, humming the harmony of the
spheres.

I am one in infinity.

I clear my eyes.

I release myself.

I soar among the aether.

I am white light.

All is perfect as it is.

I accept all that is.

All bonds are now dissolved.

All is now forgiven.

All is now made perfect, clean, and pure.

I am clear, I am renewed.

Each moment is a new universe.

I am pure existence in this moment.

I see the perfection of all that is.

I look around and see light everywhere.

I feel the light is alive.

A luminous stellar explosion a billion light years away
quietly expands as I am rising.

An oceanic joy breaks upon calm endless shores of my
soul.

A swelling glory within me envelops towns, continents,
the earth, solar and stellar systems, nebulae, and floating
universes.

The entire cosmos, gently luminous, like a city seen afar at night, glimmers within the infinitude of my being.

The divine dispersion of rays pour from an Eternal Source, blazing into galaxies, transfigured with ineffable auras.

Again and again I see the creative beams condense into constellations, then resolve into sheets of transparent flame. By rhythmic reversion, sextillion worlds pass into diaphanous luster; fire becomes firmament.

I cognize the center of the empyrean as a point of intuitive perception in my heart.

Irradiating splendor issues from my nucleus to every part of the universal structure.

The nectar of immortality pulses through me with a quicksilver like fluidity.

200 billion suns within me are rising.

I know how to focus my mind and my body.

I am strong and unlimited.

I am increasing in strength.

My presence is permeated with strength.

I am breathing in strength.

My blood is pumping strength.

I am radiating strength.

The depths of my being radiate power.

I can feel my power rising.

I can feel my energy transforming into pure active light power.

Light doesn't struggle over darkness, it effortlessly and immediately transforms it.

I am now transformed.

I am effortless brilliant power.

I am immediate power. I am on fire.

I am ablaze.

I am solar.

I am blazing solar strength.

I am raging Olympian power.

I am the active triumphant principle of light.

I radiate life and strength from my core.

I am tremendous vitality.

I am superabundant energy.

I am massive.

I am unstoppable.

I am a colossus.

I am a titan.

I am a solar Olympian hero.

I am a noble knightly warrior.

I am stately.

I am supreme.

I act from the heights.

I am a hero.

I am a champion.

I am tremendously strong, mentally and physically.

My mind carries my body past every limit.

My mind knows no limits.

My mind sees no obstacles.

My mind penetrates conditions and dwells in my state of supreme victory.

I am superior to conditions.

I am detached and superior.

I am ever serene and confident in my own strength.

I take everything with a smile.

I am hardy and tough.

Even if I appear to struggle, the outcome is always assured.

I win.

I always win.

I never stop winning.

I am a winner.

I am a champion.

Even seeming setbacks are actually victories.

There is no way I can't win.

It's impossible for me not to win.

It's already done, it's already determined, I've already won.

I embody and possess all victory all the time.

I am boundless, deathless, eternal and resplendent victory.

I am an axis of light and absolute triumphant victory.

I am a champion.

I am a golden triumphant hero.

I win effortlessly and completely.

I win naturally and constantly.

I am relentless triumph.

I am a force.

I am protected by the strongest force fields.

My strikes holds the strongest impact.

I am might.

I am the flying angel.

I am the flight and the sky.

I am the sound of the sound barrier being broken.

I am the god of heroes.

I am the lord of combat, the awakener of men.

I am commanding and authoritative.

I embody natural authority.

I am dominating calm combined with readiness for absolute command.

I am steadfast.

I am dominant.

I exercise ruthless self control.

I hold myself to the highest standards of excellence.

I am excellence. I am supreme greatness.

Through me the triumphant ideal is affirmed.

I aspire toward something truly superior.

I attain to summits hard to climb.

Like a solitary lion, I choose the strongest life.

I open myself upward.

I choose excellence.

Discipline is my charioteer to the heights.

I never let myself go, before others or myself.

I am buttoned up, my house is in order.

I cultivate a superior way of being.

I have a total commitment to superior values in every expression of existence.

I maintain the highest standards in everything from speech and conduct, to my very thoughts and will.

I focus only on what is beautiful, noble, and lofty.
I embody an ethos of strict honor and impeccability.

Honor is the end and the means.

I am fit for conquest, empire-building; whatsoever actions are greatest and most triumphant among men.

I live in the spirit of a gentleman knighted on the field of battle.

I have triumphed over all.

I have earned my glory.

I live a heroic reality.

I am gallant.

I display the best chivalry.

All my faculties are ordered in accordance with a higher significance of life and action.

I am racing archangel Gabriel in the Sky.

I am sparring with Archangel Michael.

I have a high vantage point.

I am generous and paternal.

I am tolerant but unwavering.

I know when to give, when to wait, when to stand firm,
and when to push.

I value truth more than the opinions of men.

I am frank and honest in word and deed.

I am of few words, sparing praise and blame.

My gait, my voice, my manner of speech are grave,
dignified, and serious.

I acknowledge strict decorum in conversation, for there
are things that a gentleman should not say or listen to,
even in times of joviality—

the joviality of a gentleman differs from that of a servant.

I prefer what is splendid.

I'm on another track, beyond all that is unworthy.

I see only beauty and splendor; whatsoever things lend
themselves to a constructive program.

I have vision.

I see things most don't.

When others are looking back, I'm looking forward.

I see greater possibilities.

I have drive.

My willpower shines above all else, as blazing fire shines in the night.

My gaze is always upward.

I am always raising the bar, always setting a higher standard for myself.

My program is perpetual increase: increasing greatness, increasing betterment; constant ascension.

I am always first, always prepared.

I will outwork anyone.

I naturally rise to the top in any situation, regardless of circumstances.

My performance speaks for itself.

My ability speaks for itself.

I can be reliably depended upon to win every time.

I set the example.

People look to me.

I set an example of valor and decorum.

I display a certain conduct of life, an inner coherence, and a style of uprightness and courage in every aspect of existence.

I avoid vulgarity on the one hand and pettiness on the other.

I consider only what is noblest and most becoming my station.

I have defeated the Victim-abuse mental cycle and elevated to a peaceful loving and strong superhero.

I hold myself to a standard of excellence, high-mindedness, and total magnificence.

I act with virtue and control.

I am patient, selfless, and loyal.

I persevere.

I am cheerful in the face of adversity.

I radiate brilliant energy and vigor.

I am articulated and clearly principled.

I cherish the sweetness of life; whatsoever things are uplifting, positive, and pure.

I am great-souled, of just self-esteem, high-minded and virtuous.

Mine is a feeling of transcendental dignity.

I live in the pursuit of excellence.

I live in the pursuit of perfection.

What do we do when the enemy outnumbers us? We break through.

We fight to the end even when all is lost.

We may die, but we will never surrender.

We are a race of heroes. We are aggressive and game.

We will always get up, any time we fall.

As long as there is any ounce of life left in us, we will always rise again.

We will push through.

We will return to the fight.

We are built for war and fight for peace.

We are built for the fight.

We are one and we do not stand alone.

We are brothers.

We are warriors with fire in our blood.

Three thousand years of war shaped us.

I am the strongest angel of peace on this world.

We are sons of the North, we are champions.
We will always break through. We will always reach higher;
always upward toward nothing less than the infinite.

I will locate the finest gem in the universe and give it to
you.

Get up, let's go! The time for talk is over.

It's time to rise.

It's time for action.

Sharpen up your knives, we've got work to do.

We are on offense.

We are aggressive.

We always push forward.

We are on the attack.

We are destroyers.

Destroyers of all that is unworthy.

We are champions of the light.

Pure joy of heart brings the will to achieve honor.

This is the time to come up big.

This is the time for heroes.

This is it.

Now is my time.

Here and now.

I am at my peak right now.

I am at my peak this very moment.

I am at my best today.

This is the time when everything matters.

Here and now is the only thing that matters.

There is nowhere I would rather be.

I am here, on this day, now.

I am burning with life.

It's all been leading up to this moment.

This single moment is our time to shine.

This is when heroes are made.

We may die, but not today.

This isn't our time to die.

This is our time for total victory.
Now is the time for complete triumph.

I don't wait for action, I initiate.

I am proactive.

I take the fight to the enemy.

I have the advantage.

I turn everything into an advantage.

I dominate my position.

I turn toward the enemy and advance.

I lead myself, I lead my team, I lead the way to victory.

I take pride in command.

I have the will to win.

I have the will for victory.

I praise victory.

Sacred victory.

Victory by the highest means.

Victory sanctifies.

I rise with a victorious heart.
I rise with a triumphant mind.

True victory is mine.

Glorious victory is mine.

What an honor it is to gain that immortal crown on the
battlefield.

He who puts himself between his home and the enemy is
truly a king.

I am a hero whose glory is written in the sky.

I am burning brilliance of a greater light.

My destiny is triumph and heroic exultation.

I embody the archetype of the hero knight who wins
everything and returns home triumphant.

I am tested in battle and resolutely victorious.

I have faced the trials within and without, never backing down; always aggressive and resilient, always controlled and dominant.

Always triumphant.

I have ascended the heights of that interior range; those summits of authentic human greatness that few know exist.

I have put in the work, I have lived the way of relentless betterment, always pushing upward, sharpening myself and continually overcoming to achieve the mastery that I now embody.

When the call goes out, I stand up.

“Here I am, I will go, send me.”

I rise above the good and the great, the warriors and nobles;

"I will fight for you my lady, my love."

I charge across the field and break the enemy line.

I rush forward to the meeting place of life and death.

Through strength and skill and fate and persistence and pure force of will I destroy the enemy.

In an act of purity and absoluteness, I break the chains of mortality and liberate a transcendent power within me.

In me a great fire shines, radiating in every direction.

My time has finally come.

My time is here.

My time is now.

I have won.

I have my victory.

I have defended my kingdom.

I lay conquest to titanic realms, I have fulfilled my destiny.

I return home with renown and glory.

I return as a conquering hero, riding into the kingdom to cheers and trumpets of joy.

I conduct myself with dignified humility and quiet command.

I have achieved the highest glories transcendently and physically.

Vast estates and titles and riches are now mine.

We now have surplus infinite riches for a thousand lifetimes.

I lay it all at the feet of my lady.

It is done.

It is accomplished.

It is won.

I have my victory.

Our song is victory upon victory, always higher
greatnesses like shining brilliant gold.

I am a man of triumph. Vir triumphalis.

I am elevated.

I am coroneted.

I ascend a throne upheld by lions, which shines like the
sun and radiates like fire.

I am a champion knight exalted in triumph.

I am empowered, I am free.

I am the sovereign crowned king.

My consciousness is fluid gold: solar, luminous, and
bright.

I am expanding with infinities of excellence in gleaming
array, like sea foam on shores of eternity.

I imagine higher and greater glories.

Always higher and higher.

I sweep up thousands of suns from the Milky Way and
scatter them like sand across the path of my immortality.

Every step opens on to the infinite.

I am a mirror of heaven, my glory is written in the skies.

Continual victories effortlessly now fall in front of me like
strewn laurel wreaths.

I give it all to you, my love.
I've done it all for you.

I lay every triumph at your feet.

I will now and always serve in every noble way.

For love and joy infinite power is now released.

To the strongest, to the greatest, to the victorious!

I can do, be, and have anything I want.

I am powerful.

I am free.

I feel powerful.

I feel free.

I am not this body.

I am not these conditions.

I am greater than these things. (x1000)

I am greater than all things.

I identify with my higher self.

I am limitless, I am absolute.

I turn the great energy of my thought upon ideas of power and freedom.

I turn the great energy of my thought upon ideas of the good, noble, beautiful, and prosperous.

I have faith in the good.

I have faith in the perfect and beautiful.

I have faith in perfection.

I call perfection into my life now.

I imagine my state of perfection, and my life becomes that.

I dwell in my state of perfection.

I apply consistent attention to my state of perfection.

I cultivate perfection.

I embody and express perfection now.

I am greatness, I am perfection.

I take flight on wings of glory.

I take flight on wings of limitless joy.

The trumpet of victory resounds.

The song is exultation.

The song is triumph.

I have a consciousness of supremacy.

I have a consciousness of superiority.

I arise naturally over all that is unworthy.

I am ascendant.

I am transcendent.

I activate my supreme, eternal value.

I awaken my godhood.

I feel the naked reality of my godhood.
My godhood has slept my whole life.
It's always been in the background; I've ignored it.
I turn toward it now.
I accept my godhood.
I awaken my godhood now.
I am awake.
I am awake to my infinite nature.
I am infinite consciousness that only I can limit.
I throw off all limits now.
I throw off all chains.
My self-imposed exile is over.
I am the returning king.
I've come to my senses and remembered who I am.
I am limitless and powerful.
I am stepping into my power.

I am stepping into my godhood.

I return to my throne and enable my infinite power.

I naturally and effortlessly now exercise my infinite power.

I am a king, I am a god, I am the source.

I embody all and transcend all.

I am supreme. I imagine glorious victory.

I imagine luminous prosperity.

I focus on thoughts of supremacy and spectacular fortune.

Only the noblest, highest, greatest things.

I cultivate a mood of perfection and supreme brilliance.

I imagine higher and higher heights of excellence.

I imagine greater and never-ending successes.

In every situation, I allow the most magnificent outcome,
independent of the confines of my 5 dimensional mind.

I was born a glorious champion.

I am a triumphant champion.

I am always victorious.

I always embody excellence.

I love myself.

I am a glorious champion.

I am supreme.

I am golden.

I have serious value, and worth.

I have tremendous value, and worth.

All people have tremendous value and worth.

I have powerful confidence within me.

I am proud of myself.

I am proud of who I was, who I am, and who I will be.

My consciousness is my reality.

I write my own story.

I am honorable, filled with strength, courage, and character.

I am proud of myself.

I am always getting better.

I am proud of how far I've come, and I'm proud of who I am now.

I am always improving.

I am always reaching higher and higher heights of excellence and success.

I am an absolute champion.

Loving everybody=everybody loves me

I embody victory and power.

I am a winner.

I win at everything.

I win all the time.

I never get tired of winning.

I am glorious.

I am magnificent.

I am superb.

I am radiant.

I am golden.

I am triumphant.

I am victorious.

I am lucky.

I am skillful.

I am talented.

I am excellence.

I am tremendous success.

I am glorious magnificence.

I am the chosen one.

I am the golden one.

I am favored by fortune.

I am God's favorite son.

I am privileged.

I am fortunate.

I am noble.

I am dignified.

I am honorable.

I am courageous.

I am superior.

I am brilliant.

I am beautiful.

I am brave.

I am bold.

I am confident.

I am bright.

I am powerful.

I am robust.

I am handsome.

I am generous.

I am financially rich.

I am so financially wealthy.

I am the strongest.

I am the greatest.

I am an absolute conqueror.

I am an absolute master at life.

I am a master of success.

I am a master of excellence.

I am brave.

I am courageous.

I am strong.

I am confident.

I am a winner.

I am a champion.

I am expanding financial wealth.

I am growing more financially wealthy.

I am increasing in financial wealth rapidly and constantly.

I am increasing in financial wealth infinitely.

I am always increasing in financial wealth to greater and higher heights.

I am financially wealthy.

I am tremendously financially rich.

I am free.

I am carefree.

Everything I do is a success.

Everything I do is a massive success.

Everything I do is triumphantly successful.

I am successful in all that I do.

Everything I do is outstanding and magnificent.

I easily imagine excellence.

I always imagine greater and greater excellence.

I always imagine success.

I always imagine greater and greater success.

I empower myself.

I accept unlimited power.

I am a conqueror.

I am a champion.

I am a heroic champion.

I am a golden triumphant hero.

I am a champion.

I win at everything.

I win all the time.

I am a winner.

I always reach higher and higher heights of success.

I am an absolute conqueror.

I am a victorious conqueror.

I am an absolute master at life.

I am on top of my game.

I am successful in all that I do and success comes easily to me.

I am a warrior.

I have an unshakable feeling of superiority.

I arise naturally over all that is unworthy.

My consciousness is rising.

I am absolute.

I am extreme. I deserve all the best things of life.

I conquer all the best things of life.

I win all the best things of life.

I accept all the best things of life.

I take what I want when I want it.

I am a conqueror.

I am a winner.

I am an absolute warrior.

I am calmly giving to others.

I am an unrelenting force of victory.

I am a commanding force of physical strength and
prowess.

I destroy all resistance.

I uplift all that is good.

I am happiness.

I lay waste to the competition.

I am the happiness of the universe.

I praise all that is beautiful. I conquer anything I desire.

I receive everything I desire.

I am glorious.

I am a triumphant warrior.

I have powerful force of will within me.

I can go up against anything and anyone and dominate every time.

I am determined.

I am resolute.

I have a firm heart and I now take my stand.

I stand for triumphant victory.

I stand for tremendous power.

I stand for outstanding success.

I will stop at nothing.

I have the energy and ferocity of a hungry alpha lion on the hunt.

I am a force to be reckoned with.

I am stepping into my power.

I will create amazing successes by any means at my disposal. I am success.

I am victory.

I am supreme and continually ascendant.

I am intelligent and masterful.

I am quick and clever.

I am well-spoken, articulate, and commanding.

I exude natural authority.

I am self-assured, untroubled, and calm.

I am ever serene and confident in my own strength.

I am dominating calm combined with readiness for absolute command.

I am a conquering warrior.

I am a master of self.

I am the cause and effective master of action.

I am an impassive, utterly calm and imperative superiority, from whom action proceeds and on whom it depends.

I am privileged.

I get special treatment by the universe.

I am favored by fortune.

I am God's favorite son.

I am a noble knightly warrior.

I am the man of steal.

I am the God hero.

I am kal-el.

I am sun in physical form.

I am Clark Kent.

I am superman one million.

I am superman prime.

I am all superman's descendents and ancestors.

I am universal courage.

I am Golden age superman.

I am silver age superman.

I am bronze age superman.

I am faster than a speeding bullet.

I am stronger then a locomotive.

I am the strongest version of superman.

I am the strongest thought of superman.

I am the best moment of superman.

I am the most peaceful superman.

I am Calvin Ellis

I am kingdom come superman

I am superman X

I am Father superman

I am ultra man

I am superman red

I am superman blue

I am Christ superman

I am Buddha superman

I am god superman

I am the chosen one

I am submerged in eternal light It permeates every particle
of my being.

I am living in that light.

The Divine Spirit fills me within and without.

I am Om chanted a billion times with the help of every
sun that exist.

I am amen sung in the highest heavens by the most
powerful beings resting in my heart.

I am hallelujah sung by everyone on earth even my nemesis.

I am glory.

I am the Changeless, I am the Infinite.

I am not a little mortal being with bones to break, a body that will perish. I am the deathless, changeless Infinite. No birth, no death, no caste have I; father, mother, have I none.

Blessed Spirit, I am He.

I am the Infinite Happiness I think, but I am not the thought. I feel, but I am not the feeling. I will, but I am not the will.

I am infinite.

I am space less.

I am tireless.

I am beyond body, thought, and utterance; beyond all matter and mind.

I am endless bliss.

I am the Infinite that has become the body.

The body as a manifestation of Spirit is the ever-perfect, ever-youthful Spirit.

I am the soul, a reflection of ever-youthful Spirit.

I am the inflection of the mind efforting to find itself and only coming up with eternal spaciousness.

I am vibrant with youth, with ambition, with power to succeed. Right beneath the flesh is a tremendous current. I forgot it, but now, by digging with the pickax of Self-realization, I have discovered that life force again.

I am not the flesh. I am the charge of divine electricity that permeates this body.

I am the blessed child of sweet Immortality, sent here to play the drama of births and deaths, but always remembering my deathless Self.

The Ocean of Spirit has become the little bubble of my soul. I am this bubble of life — one with the ocean of Cosmic Consciousness.

I can never die.

Whether floating in birth or disappearing in death, I am indestructible consciousness, protected in the bosom of Spirit's immortality.

I am Light Itself. Darkness was never meant for me; it can never cover the light of my soul.

I am the child of God evermore.

My power is greater than all my tests. What wrong things I
did in the past, I can now undo by good actions and
meditation. I will destroy them.

I am an immortal evermore.

I am one with the eternal light of God, the eternal joy of
Christ.

All the waves of creation are tumbling within me.

I have dissolved my body-wave in the ocean of Spirit.

I am the ocean of Spirit.

No longer am I the body.

My spirit is sleeping in the stones.

I am dreaming in the flowers, and I am singing in the
birds.

I am thinking in man, and in the superman I know that I
am.

Am I the ocean? It is too small, A dream dewdrop on the
azure blades of space. Am I the sky? It is too small, A lake
in the bosom of eternity. Am I eternity? It is too small,
Framed in a name.

In the vast region of namelessness I love to dwell, Beyond
limits of dreams, names, conceptions.

I am what I am always — In the ever-present past, In the ever-present future, In the ever-present now. In life and death I am ever living in God.

I am renewed and strengthened by Thy life-giving energy.

The healing power of Spirit is flowing through all the cells of my body.

I am made of the one universal God-substance.

Father, Thou art in me; I am well. I am superman. I am superman. I am superman.

I am thinking in man, and in the *superman* I know that I am.

Index

A

Acceptance.....74,114,134,151,162,169

Action.....19,23,24,71,72,110,121,138,142,147,153,176,219,289,290,291,
292,299,317,326,327,352,357,359,378

Actionless.....196

Addiction.....232

Aerodynamic.....25

Aether.....344

Affirmations.....213,305,308,309,310,322

Ageless.....215

Algorithms.....207.

Alien.....78,86,224,233,234,238

Allegiance.....,2,23,146,315

AllStars.....234

Alpha.....91,329,377

Aluminum.....101

Amazonian.....238

Ambassador.....238

Ancestor.....229

Ancient.....	84,231
Angel.....	33
Angelic.....	82
Antarctica.....	271,273
Anthropologist.....	230
Antithesis.....	120,122
Aquaman.....	234,239.
Archangel.....	76,353
Architecture.....	63,273
Army.....	222,223,238
Artists.....	73,175,244,257
Asteroids.....	6
Astronomy.....	132
Athletes.....	64,186,190
Atlantis.....	236
Atomic.....	154,173,268,305
Authoritarian.....	11
Authority.....	135,144,175,351,378
Avengers.....	17,269,270
Awakening.....	172
Award.....	174,218
Awareness.....	104,125,196,215,330

B

Bacterium	188,189
Balance	2,38,112,140,189,197,212,236,242,264,337
Barda	232,240
Basketball	255
Batman ...	18,25,113,119,121,185,218,227,231,239,245,269
Batteries	35,101,103
Battle	14,15,16,67,68,69,70,74,82,123,133,134,136,137,144,146,164,173,209,232,234,239,242,305,306,352,361
Beach	28,168,192,272
Beautiful	7,21,28,43,46,48,65,77,88,92,110,138,177,178,207,210,263,273,281,309,329,331,340,352,365,372,376
Berkowitz	221,222,223
Billionaire	18,231,296
Biodegradable	103
Bioluminescent	109
Bizarro	81
Blueprint	92
Botany	256
Branic	132
Brauer,Jennifer	137
Breathability	26
Bruce, Lee ...	6,18,120,121,170,186,231,254,255,296

C

Cabrillo	98
California	106
Cameron	227
Canary	239
Captain	221,232,269
Cardiopulmonary	147
Cellular	109,110,111,147,187,190
Champion	232,238
Charioteer	351
Chief	39,225,229,237
Chief	36,37,95,97,130,135,219,225,288,303
Child	51,71,127,131,141,213,220,223,231,234,236,247,272,313,382
Children	89,97,100,179,226,254,275,303
China	255
Christ	150,300,334,380,383
Christianity	150
Christians	60,160
Christmas	43
Church	54
Churches	131
CIA	231

Circulation	333
Citizens	222
Clarity	138,160,161,162,163,164,166,169,171,172,173,175,178,179,180,195,342
Clark	
Kent	1,2,19,20,22,23,24,25,26,27,28,46,48,49,50,51,52,54,55,56,57,58,60,62,124,125,218,219,220,221,222,223,224,225,226,228,229,233,234,237,238,244,249,270,287,288,289,296,297,379
College	98,286
College	,97,131,303
Colonel	240
Colossus	144,348
Congo	106,239
Cornucopia	252
Cosmic	239,382
Courage	35,49,51,67,68,69,83,117,127,136,151,161,162,164,165,175,247,325,326,355,369,379
Creator	63,64,82,172,281
Crystals	50,109,110,116,154,156,271,273
Cybernetics	222

D

Darkseid	43, 222,232,235,239
Deity	59
Demigoddess	238
Depolarization	119
diamonds	83,344
Discipline	351
Divine	330,331,380
DNA	15,228,312,320,326
Doctor	95,132,233
Dollars	25,265,299,300,302,304
Dolphin	239
Doomsday	71,79,81,237
Dream	9,41,42,46,177,315,340,383
Dreaming	196,383
Dwoskin	170
Dyer, Wayne	170

E

Earth ...	60,76,80,85,87,202,221,224,226,227,228,229,230,231,232,233,235, 236,237,238,239
------------------	--

EarthTwo	228
Edison,Thomas	7,64,128
Effortlessly	74,136,150,314,333,347,350,364,368
Egypt	84
Eiichero	254
Einstein	7,64,65,130,256
Electromagnetic	257,319,321
Electronics	282
Electrons	154.
Enemies	12,16,30,67,69,70,75,78,107,115,123,124,132,144,156,163,16 4,166,169,204,209,218,239,271,292,316
Energies	91,112,118,122,134,153,195,196,205
Energize	313
Energized	35,60,111,193,194
Energy	5,8,15,17,20,35,48,58,59,60,61,62,65,66,67,71,72,73,74,75,77,8 4,85,86,90,91,94,97,104,109,116,133,134,135,139,144,147,148,153,169,17 1,173,175,187,188,189,190,191,193,194,196,202,203,205,206,207,210,211 ,213,216,244,256,257,259,262,263,278,280,281,282,291,294,298,300,301, 311,319,321,323,327,333,341,344,347,348,355,365,377,384.,
Enlighten	191
Enlightened	319
Entrepreneur	36
Equity	100
Era	26,220
Eternal	215,277,344,350,366,380,382,383
Eternity	364,383

Ethics.....	17
Ethos.....	352
Everlasting.....	313
Excellence.....	351,355,356,364,368,370,371,373,374
Exercise.....	10,15,19,23,85,95,157,182,183,184,186,189,191,192,210,211,213,291,351,368
Existence.....	124,298,345,352,355
Exotic.....	86,87,88,99
Expand.....	77,85,116,138,146,161,177,302,303,314
Expansiveness.....	156
Exploration.....	198

F

Faithful.....	227
Familial.....	167
Family.....	5,15,17,21,33,43,79,81,89,98,99,139,143,166,167,174,201,207,216,227,233,234,241,243,249,250,254,265,272,281,283,287,301,308,316
Father.....	223,226,227,381
Fingerprints.....	181
Fireplace.....	104
Fitness.....	182
Flag.....	239
Flawless.....	196

Flight	34,133,173,210,211,212,213,285,318,350,366
Floyd Mayweather	186
Flying	30,49,59,76,117,183,184,187,211,216,230,257,317,350
Forest	98
Forgiveness	16
Fortress of Solitude	156,162,228,234,247,249,271,272,273
Framed	383
Freedom	49,51,69,134,143,172,173,209,234,249,258,277,283,284,287, 288,292,297,300,301,302,303,311,314,316,365
Friends	21,40,43,50,63,87,89,93,94,98,99,113,114,119,120,123,125,157, 167,168,185,186,201,216,218,233,241,242,243,244,245,246,249,250,295,2 96,301,314,315

G

Gabriel, Archangel	353
Galaxies	272,286,346
Galaxy	294,316,344
Gamma	154
Gandhi	9,14,65,130,170
Gardening	81,86,277
Gateways	188
Gem	357

Gemstones	95
Generosity	199
Genesis	235
Genetically	226
Genius	13,25,60,141,228,236,312,319,320,332,333,337
Genuine	56,78,129,214
Ghostwolves	237
Glickman, Rosalene	170,264
God	5,18,19,55,59,114,133,172,175,216,266,271,295,312,313,314,324,334,371,378,379,382,383
Godhood	366,367,368
Godlike	312
Godspeed	335
Golden	1,97,136,162,255,293,343,350,369,370,371
Goldman, Daniel	137,138
Google	85,152
Gospel	60
Gotham	220
Grandson	240
Grasshopper	201
Gravitational	211
Gravity	216,233,236
Greatest	3,4,8,9,11,14,17,18,19,22,23,25,40,42,43,45,50,52,56,57,58,66,68,69,73,93,116,117,124,128,130,132,133,134,135,136,138,148,152,155,157,158,159,161,163,168,169,185,186,204,209,218,232,235,255,268,270,273

,274,275,276,278,282,285,286,294,297,302,312,314,315,316,317,352,364,
368,372

Guardian.....222,231

Guitar.....289

H

Hallelujah.....381

Heart.....9,22,50,90,108,109,110,146,147,148,178,192,193,202,249,253,
256,259,304,311,314,315,330,344,346,358,360,377,380

Heaven.....51,364

Herbivores.....190

Herbs.....188

Hero.....23,67,76,82,116,138,139,169,178,184,187,194,201,204,223,2
28,229,231,232,234,235,236,237,238,247,248,252,255,269,286,293,348,35
0,360,362,374,379

Heroic.....12,83,239,249,250,267,352,360,374

Highmindedness.....355

History.....37,45,48,97,131,229,230,233,278

Holistic.....112,213

Holographic.....344

Homeless	93
Honor	60,195,281,313,352,358,360
Hulk	18
Hulk	18, 108,132,144,218
Hyperboy	241
Hyperwoman	241

I

Imperial	237
imperturbable	313
Imprisoned	236
Independence	196,278,279,283,284
Innocent	198
Interconnectedness	37
Intergalactially	171
Intergalactic	226,240
Invincible	200
isolate	20
Italian	150

J

Jeet Kune Do	186,255
Jesus	8,9,14,60,68,206
JFK	7
Jordan, Micahel	6,65,255,256,276

K

Kent, Clark	1,2,19,20,22,23,24,25,26,27,28,46,48,49,50,51,52,54,56,57,58,60, 62,124,125,218,220,223,224,225,226,228,229,230,233,234,235,237,238,24 9,287,288,289,296,297,379
King	7,233
Kingdom	201,268,362,380
Kiss	58
Knight	360,363
Kryptonian	13,34,59,121,141,226,228,229,231,233,234,24
Kryptonians	34,36,109,110,141
Kryptonite	50,107,108,110,111,112,113,114,115,116,118,119,120,12 1,122,123,124,154,225,227,257

L

Lios, Lane.....1,20,21,44,45,46,48,49,50,51,52,54,57,218,219,220,223,24,228,229,231,238,240,244,246,249,270,288

Legendary.....155,163,167,190,203,209,218,231

Legends.....7,68,82,108,119,130,131,133,166,185,186,254

Leonardo.....7,65,131

Life..3,4,5,6,7,8,15,17,18,19,21,22,32,34,35,37,39,40,41,43,47,49,50,52,53,55,56,57,60,62,64,65,66,67,69,70,71,72,73,76,77,78,79,80,81,82,83,84,85,87,89,90,91,92,93,95,96,99,100,107,108,111,116,118,119,122,125,126,130,131,132,134,135,136,138,139,142,143,145,147,148,150,151,158,161,162,163,164,165,166,167,170,171,173,174,175,176,177,179,180,181,185,186,187,189,193,194,195,201,202,203,204,205,207,208,209,211,214,215,216,223,224,225,231,233,235,236,239,242,244,245,248,249,250,251,252,253,254,255,256,257,258,260,261,263,264,267,268,271,274,275,276,277,278,279,280,281,282,283,284,287,288,289,294,295,298,300,302,304,308,313,315,316,317,324,327,328,330,332,343,344,347,351,352,355,356,359,361,365,367,372,375,376,382,384.

Limitless.....324,331,332,333,365,366,367

Lithium.....118

M

Magnetism.....205

Magneto.....63,

Maharshi, ramana.....170

Mandela.....14

Manhattan, DR.....,.....12

Mantra.....216,266,310

Mantras.....170,216

Martial art	185,186,231,255,337
Marvel	232
Massachusetts	230
Matrix	227
Medicinal	80
Meditate	150,156,168,216,271,290,291,305
Meditating	10,130
Meditation	193
Mercy	11,13,14,16
Metahuman	221,232,240
Metamorphosize	134
Metamorphism	62
Metamorphosis	61,81
Metamorphosize	24,63,117
Metropolis	220,221,222,223,224,225,232,233,234,235,236,240
Mexico	156,231,271
Michelangelo	7,42,64,65,128,131,155
Military	236
Milliseconds	1
Mimicry	322
Mind	9,10,23,25,28,32,41,42,43,65,82,90,91,109,110,111,112,116,117,130,133,138,141,142,143,144,148,149,155,157,159,160,161,162,163,164,165,166,167,169,170,171,172,173,175,177,178,179,180,181,195,211,213,216,264,265,266,286,302,305,306,308,309,310,313,314,320,322,323,328,329,330,331,338,340,341,342,346,348,349,360,368,381,382

Minerals.....	30,95,188
Miracle.....	232,240
Molecular.....	119,154,157
Money.....	19,22,32,84,100,149,175,277,278,296,297,298,299,308,316
Muhammad Ali.....	186,273,274
Myocardial.....	147

N

Nanosuns.....	154
Naturalness.....	197
Nemesis.....	82,124,126,142,166,167,314
Nightwing.....	229,235
Nikola, Tesla.....	130
Nonresistance.....	74
Nucleus.....	346
Nueroplasiticy.....	154

O

Obama, Barack.....	9
---------------------------	----------

Ocean	39,77,91,95,187,188,191,192,201,243,272,382,383
Om	295,380
Omnipotent	293,295
Omnipresence	172
Omnipresent	334
Omnipresent	82,295,304,330
Omniscient	295
Omnivorous	295
Oneness	43,197
Optimal	151,191,245,264
Optimistic	200
Optimistic	196,341
Optimization	26,134,179,264
Optimize	6,92,264,272
Optimizer	263,264
Optimizing	264
Orion	235,236,240

P

Paramhansa Yogananda	170,292
Patriarch	226
Peace ..	23,92,133,134,136,145,148,151,158,159,162,172,201,220,266,269, 270,281,311,340,356,357

Perfect..3,4,10,15,24,28,45,46,48,49,51,53,54,55,57,61,62,84,115,140,150,
153,168,180,184,192,244,255,262,270,293,304,312,313,315,317,
320,343,345,365,381

Perseus.....240

PHD.....137

Phelps, Michael.....6,65

Photosynthesis.....109,190

Physician.....91,160,247

Plutonium.....269

Polaris.....32

Powergirl.....230

President.....220,225,232

Priests.....160

R

Radioactive.....109,118

Rainwater.....190,277

Ramana Marharshi.....170

Rao.....34,59

Realization.....303

Realizations.....126

Rebalance.....192

Rebalancing.....	189
Regeneration.....	335
Remetamorphasized.....	62
Rhythm.....	259,292
Rosalene Glickman.....	170,263
Royalties.....	176
Rubies.....	30

S

Saviors.....	76,300
Secret.....	43,53,54,55,65,85,139,156,157,158,159,162,163,164,187,188,205,225,228,275,289,291,305
Secrets.....	69,73,182,185,242,245,305
Self-realization.....	382
Sextillion.....	346
sodium.....	118
Solar.....	33,43,44,59,60,109,144,154,155,163,187,193,257,270,272,278,279,280,294,319,323,345,347,348,363
Source.....	346
Spaceships.....	117
Spanish.....	65
Spiderman.....	269
Spirit.....	238,266,380,381,382,383,384

Starlight	229,312
Stars	35,64,140,153,231,245,344
Statistical	297
Steel	221,222,228,229,231,234,235,236
Stillness	43,169,214
Sun	33,34,35,36,59,60,61,62,96,109,187,188,189,190,191,192,193,201,229,241,257,266,270,293,314,363,379,380
Super	9,11,12,13,20,21,25,26,30,33,34,35,42,43,44,46,47,51,52,55,56,57,60,61,63,67,76,82,85,87,88,93,94,110,111,112,119,127,132,136,138,139,144,146,147,148,149,150,151,152,153,154,157,160,161,162,163,166,169,170,175,178,182,184,187,189,190,193,194,201,209,210,222,224,229,238,241,244,252,254,255,259,261,263,264,267,269,272,277,279,285,294,296,297,300,302,304,311,312,313,314,315,317,318,319,322,323,324,334,335,337
Superabundant	348
Superb	342,370
Superboy	222,224,225,227,228,233,239
Supercat	230
Supercomputer	320
Superdog	227,230
Supergirl	224,226,227,228,230,234,235,236,239
Superhero	23,48
Superhero	2,3,4,5,12,13,14,16,17,18,22,23,24,28,35,40,41,42,51,52,53,64,70,71,72,76,77,82,89,107,108,119,121,123,124,133,135,139,140,142,145,146,157,160,163,164,165,173,179,203,218,227,228,229,231,234,235,242,245,249,250,251,253,254,256,259,262,269,274,285,298,299,300,302,304,314,355
Superheroes	7,8,9,12,13,14,16,17,18,21,25,42,47,55,76,80,92,94,108,113,141,146,153,159,164,186,194,209,218,239,241,244,245,253,256,269,296,300

Superhorse	230
Superhuman	4,6,7,9,12,14,17,61,86,119,140,185,211,219,233,236,3 17,318,319,320,321,322,323,324,325,330,332,333,335,336,337,338
Superiority	366,375,378
Superman	1,2,3,4,5,6,7,8,9,11,12,13,14,15,16,18,19,20,21,22,23,24,25,27, 28,29,33,34,35,36,39,40,41,42,43,44,45,46,47,48,49,50,51,52,53,54,56,57, 58,59,60,61,62,63,66,67,68,69,70,71,72,75,76,77,78,79,80,81,82,89,92,93, 94,95,107,108,109,110,113,114,115,116,118,119,120,121,122,123,124,125 ,127,128,131,132,133,134,136,137,138,139,140,141,142,143,144,145,146, 147,151,152,154,156,157,159,160,161,162,163,164,166,167,168,169,173,1 76,178,180,182,183,184,185,187,189,191,194,195,201,203,204,206,211,21 3,216,218,219,220,221,222,223,224,225,226,227,228,229,230,231,232,233 ,234,235,236,237,238,239,240,241,242,244,245,246,248,249,250,257,260, 261,263,266,267,268,269,271,272,274,275,276,277,279,284,285,286,287,2 92,293,294,295,296,297,298,299,300,301,302,303,304,305,306,311,314,31 9,320,321,322
Superman	1,5,7,8,9,11,12,13,14,15,16,19,21,22,23,25,26,29,30,31,32,33,3 5,36,39,43,44,45,46,47,51,54,56,57,58,61,65,72,76,83,89,90,96,97,107,108 ,109,110,111,112,116,118,119,120,121,122,127,129,131,132,133,134,139, 140,141,142,144,145,146,147,151,152,153,154,155,156,166,168,173,174,1 75,177,180,181,182,183,184,185,187,188,190,191,192,193,194,195,196,20 0,201,202,204,205,206,207,209,216,218,241,242,243,244,246,247,248,249 ,250,254,259,265,268,270,272,276,284,285,289,292,293,294,295,296,298, 299,301,302,311,313,379,380,383,384
Supermathmatics	157
Supermen	240
Supermen	80,91,92,271,298,303
Supernatural	323,335
Supernova	232
Supernovas	344
Superpower	11,18,30,35,40,80,156,251,267,279

Superpowers	11,14,17,22,33,34,35,36,37,38,48,50,52,55,56,59,87,88,144,156,181,191,227,229,230,242,251,269,300,315
Supersonic	335
Supertown	239,240
supervillain	231
supervision	34,140,181
Superwoman	21,45,229,305
Superwoman	218
Supplement	132
Synergy	136

T

Teach	5,42,86,89,97,98,128,131,143,164,174,178,182
Telekinesis	228,318,321
Telekinetic	23
Telepathy	335
Thaddeus	132
Themyscira	238
Timelessness	31,214,277
Titanic	362
Tolle,Eckhart	303
Tomato	87
Tranquil	196

Tranquility	214
Transform	42,61,63,153,154,232,254,305
Transformation	62,183,267,270
Trillionaire	18,296,297
Twitter	256

U

United	197,204,224,225,231
Universal	6,7,8,13,16,26,43,50,130,141,147,172,202, 311,314,346,379,384
Universe ...	2,16,19,26,38,43,64,76,83,84,93,110,116,130,131,139,141,146, 154,160,185,201,202,203,212,221,233,234,235,266,273,285,293,294,302,3 12,314,315,316,317,331,345,357,376,378
Universes	21,85,140,285,344,345
Universities	130,174
University	19,131,234
University	128,131

V

Vacuums.....	180
Vegetarianism.....	81
Vibration.....	43,133,149,171,212,266,267,337
Vibrational.....	188,190,211,216
Vinci,Leonardo.....	7,65,131
Virtue.....	342
Vocalist.....	175
Volunteer.....	100
Voyages.....	233
Vulnerability.....	114

W

Warrior..	235,237,311,348,375,376,377,378,379
, Wayne,Bruce.....	18,121,170,231,296
	302,303,304,308,309,356,357,358,359,362,,357
Weaving.....	157
Wedding.....	55
Welcoming.....	117
Werewolves.....	209
Wildlife.....	99
WonderWoman.....	21,45,185,197,218,238,239

Y

YouTube.....183

Z

Zenith.....271,343

Zod.....122,132,227,229,231,237

Zoology.....256